

# orzo pasta salad



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Prep Time: 10 minutes Cook Time: 10 minutes Yield: 6-8 Category: Salads



## DESCRIPTION

Inspired by the Greek Pasta Salad recipe in the cookbook Lose Weight by Eating by Audrey Johns, this light and refreshing salad is full of fresh broccoli, red bell pepper, red onion, and chickpeas. The salad is dressed up in a lemony dijon vinaigrette making it a great side dish for BBQs and potlucks.

## INGREDIENTS

2-3 cups broccoli florets, stems removed  
1 cup orzo  
Juice from 1/2 Lemon  
1 teaspoon Dijon mustard  
1 tablespoon balsamic vinegar  
2 tablespoons plus 1/2 teaspoon salt  
1/4 teaspoon black pepper  
1/4 cup olive oil  
1 red Bell Pepper, diced  
1/2 medium red onion, finely chopped  
1 tablespoon chopped parsley  
1 (16 ounce can) chickpeas, drained

## INSTRUCTIONS

- 1 Place ice cubes and water in a medium-sized bowl.
- 2 Bring a pot of water to a boil. Add the broccoli florets and let them boil for 2 minutes. Scoop them out of the water and submerge them in the bowl with the ice and water to stop them cooking. Drain them and set them aside.
- 3 In the same pot that you used to blanch the broccoli, boil the orzo. There's no need to change the water, just be sure and bring it back to a rolling boil and add 2 tablespoons of salt before adding the orzo. Cook the orzo according to package directions. While the orzo is boiling, chop the cooled broccoli florets into small pieces.
- 4 In a large bowl, combine the lemon juice, mustard, balsamic vinegar, 1/2 teaspoon salt and pepper. While whisking, slowly add the olive oil. Whisk until the oil is fully incorporated.
- 5 Drain the orzo and transfer it to the bowl with the dressing. Add the broccoli, bell pepper, red onion, chopped parsley, and chickpeas and toss well to combine.
- 6 Serve chilled or at room temperature.

## DID YOU MAKE THIS RECIPE?

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