

Spinach and Orzo Salad



A light, easy-to-make salad that's pleasing to the palate.

Prep: 20 mins

Additional: 1 hr

Total: 1 hr 20 mins

Servings: 8

Yield: 8 servings



Ingredients

1 (16 ounce) package uncooked orzo pasta

1 (10 ounce) package baby spinach leaves, finely chopped

½ pound crumbled feta cheese

½ red onion, finely chopped

¾ cup pine nuts

½ teaspoon dried basil

¼ teaspoon ground white pepper

½ cup olive oil

½ cup balsamic vinegar

Directions

Step 1

Bring a large pot of lightly salted water to a boil. Add orzo and cook for 8 to 10 minutes or until al dente; drain and rinse with cold water. Transfer to a large bowl and stir in spinach, feta, onion, pine nuts, basil and white pepper. Toss with olive oil and balsamic vinegar. Refrigerate and serve cold.

Nutrition Facts

Per Serving: 491 calories; protein 15.8g; carbohydrates 49g; fat 26.9g; cholesterol 25mg; sodium 349.2mg.