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BABY ARUGULA ORZO SALAD

Big Green Cookbook

Makes 6 servings (9 cups)

Ingredients

1 cup whole-wheat orzo
3 T extra-virgin olive oil
Juice and zest of 1 small lemon (2 T juice)
3/4 tsp sea salt or to taste
2 cups fresh baby arugula or spinach
6 oz organic or locally produced feta or soft goat cheese, crumbled (about 1 cup; optional)
2 scallions, green and white parts, thinly sliced
1 cup grape tomatoes, halved lengthwise
1/2 cup fresh herbs, such as a mixture of basil, flat-leaf parsley, and mint, chopped
1/3 cup English cucumber or celery, finely diced
1/4 cup pine nuts, pan toasted

Directions

Cook orzo according to package directions. (Alternatively, add orzo and 3 cups fresh water to a small saucepan. Bring to a boil over high heat. Cover and turn off heat. Let “lid cook” [cook covered with burner off] until orzo is al dente, about 7 minutes.) Drain well. Do not rinse.

Meanwhile, whisk oil, lemon juice, and salt in large bowl.

Add hot, drained orzo to lemon dressing and toss. Set aside to cool slightly, about 30 minutes, stirring occasionally to help prevent sticking. Chill in refrigerator.

When orzo is at room temperature or cooler, add arugula, cheese (if using), scallions, tomatoes, herbs, and cucumber and gently toss. Stir in lemon zest. Taste and adjust seasoning, if necessary.

Sprinkle with pine nuts. Serve at room temperature.

Nutrient Analysis per serving (not including cheese): Calories: 200; Total fat: 11 g;
Saturated fat: 1.5 g; Trans fat: 0 g; Cholesterol: 0 mg; Sodium: 300 mg; Total carbohydrate:
24 g; Dietary fiber: 2 g; Protein: 5 g