

Orzo Salad

This quick and simple recipe helps you meet your fibre requirement by using beans, vegetables and whole grains, like whole wheat pasta. Including fibre in your diet may help you maintain your weight and reduce your risk of chronic diseases.



Ingredients:

For the salad:

2 cups	Whole grain orzo pasta or any kind of small whole grain pasta	500 mL
1 cup	Frozen green peas	250 mL
1–14 ounce can	Corn, drained and rinsed	1–398 mL can
4 medium	Tomatoes, diced	4 medium
2 Tbsp	Red onion, diced	30 mL
1–19 ounce can	Black beans, drained and rinsed	1–540 mL can

For the dressing:

¼ cup	Lemon juice	60 mL
¼ cup	Canola oil	60 mL
2 cloves	Fresh garlic, minced or ½ tsp (2 mL) garlic powder	2 cloves
1 tsp	Oregano, dried	5 mL
2 tsp	Parsley, dried	10 mL

Directions:

1. Cook pasta according to package directions.
2. Drain pasta; add frozen peas, mix well and set aside.
3. Add corn, tomatoes, onion and beans to pasta.
4. In a small bowl, mix lemon juice, oil, garlic, oregano and parsley.
5. Add dressing to pasta and toss gently.
6. Serve salad cold as a side dish or light meal.

Makes 8 servings (310 mL/ 1 ¼ cup/ 261 g)

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Nutrition Facts	
Per 1/8 of recipe (310 mL/ 1 ¼ cup/ 261 g)	
Amount	% Daily Value
Calories 280	
Fat 8 g	12 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 0 mg	
Sodium 150 mg	6 %
Carbohydrate 45 g	15 %
Fibre 8 g	32 %
Sugars 5 g	
Protein 1 g	
Vitamin A	30 %
Vitamin C	30 %
Calcium	4 %
Iron	20 %

Nutrient Claim	Amount per serving
Very high in fibre	8 g
Low in saturated fat	0.5 g
High in potassium	482 mg
Very high in magnesium	78 mg
Very high in folate	119 mcg
High in iron	2.6 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	1
Milk and Alternatives	0
Meat and Alternatives	¼

This is a Choose Sometimes recipe (Mixed Dish–Vegetarian) according to the Alberta Nutrition Guidelines.