



Orzo Salad

8 ounces orzo, white or whole wheat

1 ½ cups cherry tomatoes, sliced in half

1 cup green peas, frozen or canned (drained or thawed)

½ cup basil, minced

¼ cup balsamic vinaigrette dressing, low fat or make your own (*)

½ teaspoon salt

½ teaspoon black pepper, fresh if possible

Optional: 1 tablespoon pine nuts, toasted

Directions:

Cook orzo according to directions on the box and thaw frozen peas. Toast pine nuts in sauté pan on low heat until they turn slightly brown & become fragrant. Mince basil, chop tomatoes and set aside. Mix all ingredients with pasta and serve.

- (*) If you would like to make your own balsamic-style dressing, whisk together ¼ cup balsamic vinegar and 2 teaspoons Dijon mustard.
- Note: If using whole wheat orzo, be sure not to overcook; and for either, to keep it from getting mushy, rinse with cold water upon draining.

Food for Life recipe from the Physicians Committee for Responsible Medicine

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