



Visiting Nurse Association
of Northern New Jersey

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Orzo, Feta & Sundried Tomato Salad

Makes 4 1-1/4 cup servings. Recipe adapted from Cooking Light.

Ingredients

- 1 cup uncooked orzo pasta (about 8 ounces dry)
- 2 cups bagged prewashed baby spinach, chopped
- 1/2 cup chopped drained oil-packed sundried tomatos
- 3 tablespoons chopped red onion
- 3 tablespoons chopped pitted kalamata olives
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 3/4 cup (3 ounces) feta cheese, crumbled and divided
- 1 tablespoon olive oil
- 1 lemon
- 1 tablspoon fresh chopped parsley

Nutritional info per serving

Calories:	318
Total fat:	10g
Cholesterol:	19mg
Sodium:	510mg
Total Carbs:	45g
Dietary Fiber:	3g
Protein:	11g

Directions

1. Cook the orzo according to package directions, omitting salt and fat.
2. Drain; rinse with cold water. Combine orzo, spinach, and next 5 ingredients (through salt) in a large bowl.
3. Drizzle olive oil and fresh queezed lemon juice to taste and 1/2 cup feta cheese to orzo mixture, tossing gently to coat.
4. Sprinkle each serving with remaining feta cheese & parsley.