

Spinach Orzo Salad *Makes 10 cups (6-8 servings)*

Use home-grown, grass-fed and organic ingredients whenever possible.

A delightful, summer salad! Quick and easy, full of nutritious ingredients. Prep ingredients ahead and you'll be tossing this together in no time!

Ingredients:

1 ½ cup (8 oz or ½ pkg) DeLallo Whole Wheat Orzo
1 cup cucumber, diced
1 cup red bell pepper, finely diced
6 TBSP red onion, chopped (or sliced green onions)
2 cups cooked chicken breast, diced (approx. 12 oz uncooked)
4 oz (approx 1 cup) crumbled Feta cheese (or your favorite cheddar, cut in small cubes)
5 oz (approx. 5-6 cups) fresh baby spinach (rough chopped with a knife, just before serving)

Dressing:

6 TBSP extra virgin olive oil
5-6 TBSP lemon juice, freshly squeezed
2-3 tsp garlic, freshly pressed
1 tsp sea salt
1 tsp fresh lemon zest
1 tsp dill weed (or 1 TBSP fresh dill weed)
¼ tsp freshly ground peppercorns

Al dente literally means “firm to the tooth.” Pasta that is slightly undercooked will be chewier and have a lower glycemic index, minimizing the sudden rise in blood sugar normally associated with pasta. This is healthier for everyone, not just diabetics.

Prepare Dressing:

Add dressing ingredients to a pint wide-mouth Mason jar. Using a stick blender, puree until mixture emulsifies and smooth. (If not using a stick blender, press the garlic, add to other ingredients and whisk together).

Cook Pasta:

Put a pot of water on to heat while you prep the other ingredients. When water comes to a boil, add 2 tsp Himalayan pink salt, then add the Orzo. Stir. When water returns to a boil, time for 7-8 minutes (1-2 minutes less than package recommended time), stirring a time or two to prevent sticking. Pasta will be *al dente* (see box inset). Drain in a colander (do not rinse). Add to a large mixing bowl and cover with the dressing you have prepared. Lightly stir to coat pasta.

Final Steps:

Dice the cucumbers and red bell pepper; chop the red onion. Add to the pasta. Add the diced chicken, veggies and crumbled feta. Lightly rough chop the baby spinach with a Chef's knife and add to salad just before serving.

This salad is best served immediately after it has been made. Refrigerate leftovers.