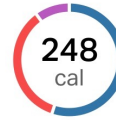




Orzo Salad (Simplified Version)

8 servings / _____ cups or _____ ounces
(120 cal SGC / 35 cal NSV)



55%
34.1 g
Carbs

35%
9.5 g
Fat

10%
6 g
Protein

- 5 oz Whole Wheat Orzo, dried (525 calories)
- 15 oz can Garbanzo Beans, drained and rinsed (450 calories)
- 10 oz Grape Tomatoes, halved
- 10 oz Red Onion, small dice
- 1/2 cup Basil Leaves, chopped
- 1/4 cup Mint Leaves, chopped
- 1/2 cup Red Wine Vinegar
- 1/4 cup Lemon Juice
- 5 tbsp Olive Oil (separated)
- 1 tbsp Honey

Cook orzo according to package directions and al dente. Drain the orzo and transfer to a large bowl. Toss with one tablespoon olive oil. Cool completely.

Toss the orzo with all the ingredients. Season with salt, pepper, and red pepper flakes as desired.

Want to add to MFP? Search MGL Orzo Salad (Simplified Version) in the food database.

Recipe adapted from Food Network.

Nutrition Facts	
Servings 8.0	
Amount Per Serving	
calories 248	
% Daily Value *	
Total Fat 9 g	15 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 6 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 186 mg	8 %
Potassium 93 mg	3 %
Total Carbohydrate 34 g	11 %
Dietary Fiber 3 g	12 %
Sugars 6 g	
Protein 6 g	12 %
Vitamin A	6 %
Vitamin C	22 %
Calcium	2 %
Iron	8 %

Recommendations from Mama G:

To complete this meal, serve with a lean protein and additional 40 calories NSV.

