

# SUMMER ORZO PASTA SALAD

Chef Vince of D'Avolio

RECIPE MAKES: 13 SERVINGS

## INGREDIENTS

- ♥ 8 oz **D'Avolio orzo pasta**, cooked
- ♥ ½ English cucumber, diced
- ♥ ¼ C crumbled feta cheese
- ♥ 1 bag **D'Avolio chickpeas**
- ♥ 2 C cherry tomatoes, halved
- ♥ ½ small red onion, chopped
- ♥ ½ C fresh basil leaves, chopped
- ♥ ¼ C fresh mint leaves, chopped
- ♥ ¼ C fresh parsley, chopped
- ♥ ½ C **D'Avolio Red Wine Vinegar**
- ♥ 2 lemons juiced
- ♥ 2 tsp. honey
- ♥ ½ tsp. salt
- ♥ 1/8 tsp. freshly ground black pepper
- ♥ ¼ C **D'Avolio Milanese Gremolata**

**EVOO**

## NUTRITION INFO

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(117g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
	<small>% Daily Value*</small>
<b>Total Fat</b> 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 125mg	5%
<b>Total Carbohydrate</b> 24g	9%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 1g Added Sugars	2%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 4mg	20%
Potassium 209mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## PREPARATION

1. Cook the orzo according to the package. Let cool completely or run under cold water until cooled.
2. In large mixing bowl combine the cucumber, feta cheese, garbanzo beans, tomatoes, red onion and gently stir to combine.
3. In a mason jar or salad dressing container whisk together the red wine vinegar, lemon juice, honey, salt, pepper and extra virgin oil.
4. Add the orzo pasta to the vegetables and mix well. Pour half of the dressing over the salad and toss.
5. Sprinkle the basil, mint and parsley over the salad and gently toss.
6. Refrigerate the remaining half of the dressing and the salad. When ready to serve add the remaining dressing and toss.
7. Enjoy!

Healthy Options

