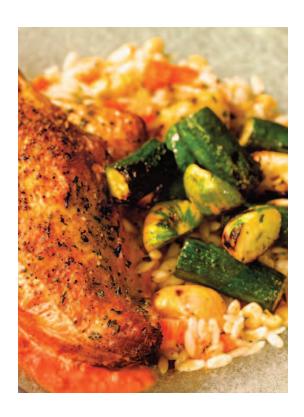
ORZO SALAD



Yield: 4 Servings(1 cup)



TOTAL TIME: 20 minutes

INGREDIENTS

- 1 cup orzo pasta, cooked and drained
- 1 ear corn, husked
- 1 medium sweet red, orange or yellow pepper (about ½ lb.), halved and seeded
- 3 Tbsp. plus 2 tsp. Wegmans Basting Oil, separated
- Juice of 1 lemon (2-3 Tbsp.)
- Salt and pepper to taste

PREPARATION

Preheat grill on medium 10 min.

- 1. Drizzle corn and pepper halves with 2 tsp. basting oil; arrange on grill. Grill, turning occasionally, until lightly browned on all sides, about 10 min.
- 2. Remove from grill and let cool enough to handle. Cut corn kernels off cob. Dice peppers about same size as corn kernels.
- 3. Toss cooked orzo with corn, peppers, 3 Tbsp. basting oil and lemon juice. Season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 340; Fat: 11 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 52 g; Fiber 4g; Protein: 8 g; Sodium: 15 mg.

Recipe courtesy of Wegmans