

# 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

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## 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