

Orzo Arugula Salad

Recipe modified by Jessica Shapiro, MS RD CDN

<http://www.epicurious.com/recipes/food/views/Orzo-Salad-388789#ixzz2UsE21Exj>

Yield: Makes 10 servings (5.5 oz)

Active time: 20 minutes

Total time: 1 1/2 hours



Arugula has a rich peppery taste and can be eaten raw or cooked. Try Arugula in place of your favorite lettuce, but is especially tasty in salads, on sandwiches, or as a pesto. Arugula is from the cruciferous family, an antioxidant powerhouse, and is loaded with vitamin A, vitamin K and folate. It is also a good source of zinc, potassium, calcium and iron.

Ingredients

- ½ pound orzo
- 1 15 oz. can cannellini beans (rinsed)
- Juice of 1 lemon, or to taste
- 2 teaspoons Dijon mustard
- 1/2 cup extra-virgin olive oil
- 2 garlic cloves, finely minced
- 2 teaspoons oregano
- 1 (12 ounce) jar marinated roasted bell peppers, drained and chopped or marinated sundried tomatoes
- 4 ounces crumbled feta cheese
- 1/2 cup pine nuts, toasted
- 4 cups chopped baby arugula leaves (2 1/2 ounces)
- 2 cups chopped radicchio (2 1/2 ounces)
- Fresh Parsley, chopped

Instructions

1. Preheat oven to 350°F with rack in middle.
2. Roast pine nuts in a rimmed sheet pan until golden, about 8 minutes.
3. Cook orzo in a 6- to 8-quart pot of boiling salted water until tender, then drain well in a colander.
4. Meanwhile, whisk together lemon juice, mustard, oil, garlic, oregano, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.
5. Add hot orzo to dressing and toss. Let orzo come to room temperature, stirring occasionally.
6. Add pine nuts, peppers, feta, arugula, and radicchio and toss well.
7. Season salad with fresh parsley and additional lemon juice, if desired.

* Orzo salad can be made 2 hours ahead and kept at room temperature. Leftovers can be chilled but the salad is at its best when made fresh and not refrigerated.

Nutrition Facts	
Serving Size: 1 serving (152.2g)	
Servings: 1	
Amount Per Serving	
Calories 390	Calories from Fat 170
% Daily Value	
Total Fat 19g	30%
Saturated Fat 3.5g	19%
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 10g	
Cholesterol 10mg	3%
Sodium 290mg	12%
Potassium 1480mg	42%
Total Carbohydrate 48g	16%
Dietary Fiber 10g	39%
Sugars 14g	
Protein 13g	
Vitamin A 10%	• Vitamin C 30%
Calcium 25%	• Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet	

