



Orange Orzo Salad with Almonds, Feta and Olives

Prep Time: 15 min

Cook Time: 15 min

Marinating Time: 10 min

Serves: 4

NUTRITION FACTS, PER SERVING:

399 calories

22.6 g fat

422.5 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 1 cup orzo pasta
 - 1/2 cup sliced almonds
 - 1 cup chopped flat-leaf parsley
 - 1/2 cup pitted Kalamata olives, halved
 - 4 green onions, thinly sliced
 - 1/3 cup golden raisins
 - 1/2 cup crumbled feta cheese
 - 1 tsp orange zest
 - 1/4 cup fresh-squeezed orange juice
 - 1/4 cup olive oil**
 - 2 TB white wine vinegar
 - 1 clove garlic, minced
 - Salt & black pepper, to taste**
1. Bring a large pot of salted water to boil. Add **1 cup orzo** and cook according to package directions. Before draining, reserve **1/2 cup pasta cooking water** and set aside. Drain and immediately rinse the orzo under cold running water until the orzo is no longer warm. Drain well, set aside.
 2. Chop the **parsley**. Thinly slice the **green onions**, white and green portion, discarding the root end. Peel and mince the **garlic clove**, and set aside. Zest the **orange** and set aside **1 tsp zest**. Juice the **orange** to get **1/4 cup juice**.
 3. Toasting nuts makes them crunchier and enhances the nutty flavor. Be careful not to leave the pan unattended, they can quickly burn. In a dry skillet over medium heat, add the **sliced almonds** and toast until fragrant, stirring for about 3 minutes. Remove pan from heat.
 4. In a large bowl, combine the **cooked orzo, toasted almonds, chopped parsley, halved olives, green onions, raisins, and feta**.
 5. In a small bowl, combine the **orange zest, orange juice, 1/4 cup olive oil, vinegar, minced garlic, salt and black pepper**. Add **1/4 cup of the reserved pasta cooking water**, and whisk until blended.
 6. Pour the dressing over the salad and toss to combine. **Let the orzo salad rest for at least 10 minutes** (or up to several hours in the refrigerator) so it has time to soak up the dressing. Leftovers will keep in the refrigerator for up to four days.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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