

Orzo Salad

Ingredients

- 250g / 8oz dry risone (orzo)
- 2 cups spinach
- 1 can chickpeas
- 1 cup grape or cherry tomatoes
- 1/2 cup sliced kalamata or black olives
- 1/4 cup olive oil
- 3 tbsp lemon juice
- 1 tsp minced garlic
- 1/2 tsp salt
- 1/2 tsp pepper

Method

1. Cook the risone.
2. Finely chop the spinach, quarter the tomatoes, and drain the chickpeas, and then place all in the bottom of a colander.
3. Drain the risone through the vegetables.
4. Whisk together the oil, lemon juice, garlic, salt and pepper.
5. Toss all ingredients together to combine.

Notes

Makes 4 servings as a side.

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