

Mediterranean Orzo Salad with Feta Vinaigrette

Yield

4 servings (serving size: 1 1/4 cups salad and about 1 tablespoon cheese)

Ingredients

1 cup uncooked orzo (rice-shaped pasta; about 8 ounces)
2 cups bagged prewashed baby spinach, chopped
1/2 cup chopped drained oil-packed sun-dried tomato halves
3 tablespoons chopped red onion
3 tablespoons chopped pitted kalamata olives
1/2 teaspoon freshly ground black pepper
1/4 teaspoon salt
1 (6-ounce) jar marinated artichoke hearts, undrained
3/4 cup (3 ounces) feta cheese, crumbled and divided



Directions

Cook the orzo according to package directions, omitting salt and fat. Drain; rinse with cold water. Combine orzo, spinach, and next 5 ingredients (through salt) in a large bowl.

Drain artichokes, reserving marinade. Coarsely chop artichokes, and add artichokes, reserved marinade, and 1/2 cup feta cheese to orzo mixture, tossing gently to coat. Sprinkle each serving with remaining feta cheese.

Nutritional Information

Calories:	338
Calories from Fat:	29%
Fat:	11g
Saturated Fat:	3.8g
Monounsaturated Fat:	2.7g
Polyunsaturated Fat:	0.5g
Protein:	11.9g
Carbohydrate:	52g
Fiber:	5.1g
Cholesterol:	19mg
Iron:	3mg
Sodium:	620mg
Calcium:	138mg