

ORZO SALAD

INGREDIENTS

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

1 cup orzo pasta, dry

2 cups green beans, trimmed and cut in 1-inch pieces

2 chicken breasts, boneless and skinless

1 tablespoon olive oil

1/2 teaspoon ground black pepper

1/2 teaspoon paprika

1/2 teaspoon garlic powder

1 tablespoon shallot, minced

1 tablespoon dijon mustard

1 tablespoon maple syrup

3 tablespoons lemon juice

3 tablespoons extra virgin olive oil

1/3 cup fresh dill, chopped

1/3 cup red pepper, diced



Nutrient Analysis

PER SERVING 1/4 of recipe

Renal exchange:

3 Protein + 2 Starch + 1 Vegetable

Calories **441Kcal**

Protein **31g**

Carbohydrates **43g**

Fibre **3.5g**

Total Fat **16g**

Saturated Fat **2g**

Cholesterol **59mg**

Sodium **92mg**

Potassium **461mg**

Phosphorus **282mg**

PREPARATION

- 1** In a large saucepan, bring water to a boil. Add orzo and cook according to instructions on package (approximately 8 minutes). Drain and rinse with cold water. Set aside in a salad bowl.
- 2** Cook beans in boiling water for 3-5 minutes. Drain and rinse under cold water to stop the cooking process. The beans should still be crisp.
- 3** Heat the barbecue or grill pan on the stove on medium heat.
- 4** Rub chicken breasts with olive oil and sprinkle with spices. Grill the chicken until it reaches an internal temperature of 165°F (approximately 7-10 minutes per side). Cut chicken in slices.
- 5** To make the vinaigrette, whisk together the shallots, mustard, syrup, lemon juice and olive oil.
- 6** To assemble the salad, pour vinaigrette over the cooked orzo. Add the green beans, dill, and red pepper. Mix together. Fan sliced chicken on top of the salad and serve.

Tips

Try adding a different protein to the salad, such as sliced steak, pork or hard boiled egg.

This salad is just as tasty as a Vegetarian dish and makes a great side dish for your barbecued meats or fish.