

ORZO PASTA SALAD

INGREDIENTS

4 servings	8 servings	12 servings	
4 oz.	8 oz.	12 oz.	orzo, cooked
6 T.	.75 cup	1 cup + 2 T.	dried cranberries
.25 cup	.5 cup	.75 cup	pine nuts
1.5 cups	3 cups	4.5 cups	fresh spinach leaves
.5 cup	1 cup	1.5 cups	chickpeas
2 T.	4 T.	6 T.	olive oil
.5	1	1.5	juice from fresh lemon
Dash	Dash	Dash	salt and pepper

INSTRUCTIONS

Mix the orzo through chickpeas in a large bowl. In a small bowl, whisk together the olive oil and lemon juice. Season the dressing with salt and pepper to taste. Drizzle the dressing over the pasta mixture and toss to combine.



Nutrition per Serving

Kcal: 298

Protein: 7 grams

Carbohydrate: 39 grams

Fat: 14 grams