

Broccoli and Orzo Salad

1 head broccoli, cut into small florets, about 12 ounces or 5 cups of florets

4 ounces orzo

½ cup finely chopped green onions

½ cup finely chopped olives

1 small carrot, grated

1 teaspoon dried leaf oregano

1 clove garlic, pressed or crushed and finely minced

¼ teaspoon ground black pepper

Salt, to taste

1/3 cup extra-virgin olive oil

¼ cup red wine vinegar

Directions:

1. Cook orzo following package directions. Drain in a colander and rinse with cold water.
2. Cook broccoli in boiling water for about 3 to 4 minutes, or just until tender. Drain in a colander and rinse with cold water.
3. In a large bowl toss the broccoli with orzo, chopped green onions, olives, carrots, oregano, garlic and pepper.
4. Whisk together the red wine vinegar and oil and toss with the salad ingredients. Add salt, as needed, to taste.

Serves 4 to 6.

Nutrient Analysis, per serving: 214 calories, 21.4g. carbohydrate, 4.8g. protein, 13g. fat, 130mg. sodium, 0mg. cholesterol, 3.5g. fiber