



Broccoli Orzo Salad

- from Denise's Kitchen

Ingredients:

14-16 ounces of frozen organic broccoli florets
6 ounces of orzo pasta
3/4 cup of chopped organic green onions
3/4 cup of chopped green olives & black olives, combined
1 large grated organic carrot
1 heaping tsp of dried organic oregano
1/2 (heaping) tsp of minced organic garlic
Sea salt & black pepper to taste
1/3 cup of light tasting olive oil (I like grape seed.)
1/4 cup of red wine vinegar
Crisp organic romaine lettuce leaves to line the bowls

Directions:

Cook the orzo pasta, rinse with cold water, drain & set aside. Boil or steam the broccoli until just done (somewhat firm), rinse with cold water & drain. In a large bowl toss the orzo, green onions, olives, carrot, oregano, garlic, salt & pepper, and broccoli gently. Whisk together the olive oil & red wine vinegar, then pour over your salad & blend. Serve over crispy leaves of romaine lettuce. It's so good! We like to eat it as a main dish with a green salad or tomato wedges on the side.