

FEATURED RECIPE

Ingredients:

- 1 cup uncooked orzo pasta
- 2 1/2 cups water
- 1/4 cup finely chopped mint
- 1/4 cup finely chopped flat leaf parsley
- 1/4 cup high quality olive oil
- 1/4 cup lemon juice
- 1/3 cup feta cheese
- salt and pepper, to taste



Summer Orzo Salad // Serves 4

Optional:

- Fresh shelling peas
- Cherry tomatoes (halved)
- 1 1/2 cup loosely chopped spinach

I have been making this salad at least once a week, all summer long. The fresh herbs, salty feta and rich olive oil taste are perfectly refreshing – great for a hot summer evening! This recipe is very versatile and I have done several versions all of which have turned out delicious. If I have fresh cherry tomatoes, I will throw in a handful, halved. You may also try playing with the herb combination – I happen to like the Mediterranean vibe of flat leaf parsley and mint, but I have also made this with fresh basil and enjoyed it just as much.

Salt water generously and heat on high — add orzo when a rolling boil has been reached. Cook according to the package or until pasta is al dente.

While the pasta is cooking, combine the mint, flat leaf parsley, olive oil and lemon juice in a bowl. When the pasta is ready, add to the bowl with the herb mixture and stir. Add more olive oil if mixture seems dry. Once fully combined, add feta and toss again. Adjust salt as needed (the feta adds a good amount of saltiness) and top with fresh pepper. Serve room temperature or cold.



Julie Dahlen
Health Education Intern

