



Lemon Asparagus Orzo Pasta Salad



INGREDIENTS

- ½ cup lemon juice
- 2 teaspoons lemon zest
- 2 cloves garlic, minced
- 1/8 teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup olive oil
- 1 pound asparagus, cut into 1-inch pieces
- 2 cups dry orzo pasta
- ¼ cup fresh parsley, chopped
- ½ cup green onion, diced
- ¼ cup feta cheese crumbles

Nutrition Information:

Calories: 194, Total Fat: 11g, Saturated Fat: 2g,
Cholesterol: 6mg, Sodium: 110mg, Total
Carbohydrate: 21g, Fiber: 3g, Protein: 5g

DIRECTIONS (Yields 6 servings)

1. In a small mixing bowl, whisk together lemon juice, lemon zest, garlic, salt, pepper, and olive oil. Set aside.
2. Bring water to a boil.
3. Add orzo and cook until tender, about 10 minutes.
4. Add asparagus the last 2 minutes of cooking.
5. Drain, but do not rinse.
6. Add warm orzo and asparagus to a large mixing bowl.
7. Add dressing and parsley.
8. Mix well.
9. Top with green onion, feta cheese, and lemon slices.
10. Serve chilled or at room temperature. Enjoy!