

Chicken and Veggie Orzo Salad

- ½ lb orzo pasta
- 2 TBSP olive oil
- 1 cup baby spinach, shredded
- ¼ cup roasted red peppers, chopped
- ¼ cup black olives, chopped
- 1 jar (7 oz) artichoke hearts, in brine, drained and chopped
- 2-4 green onions or parsley stems, chopped
- 1 orange bell pepper, chopped
- ½ crown broccoli or cauliflower, cut into small florets or 1 small zucchini, chopped
- 1-2 TBSP capers (in brine), drained
- 1 lb chicken breast, cooked and cooled, chopped

Dressing

- 1 TBSP lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon dried thyme (rubbed)
- ½ teaspoon dried oregano (rubbed)
- 1 clove garlic
- Pinch Kosher salt
- Pinch black pepper
- ½ cup fresh basil leaves
- ½ cup olive oil
- ¼ cup red wine vinegar

Garnish

- ½ cup feta cheese, crumbled



1. Cook orzo according to package directions. Drain, rinse, cool.
2. In a large bowl, combine orzo and olive oil. Toss until orzo is well coated. Add all vegetables and stir to combine. Set aside.
3. In a blender combine all dressing ingredients except olive oil. Start blender on low and slowly add olive oil until dressing is emulsified. Pour dressing over orzo mixture and stir to combine.
4. To serve garnish with crumbled feta.