

BROCCOLI STRAWBERRY ORZO SALAD

¾ cup orzo pasta (uncooked)
2 cups fresh broccoli (chopped)
2 cups fresh strawberries (diced)
¼ cup sunflower seeds

Lemon Dressing:

1 Tbsp. lemon juice (fresh or bottled)
2 Tbsp. apple cider vinegar
2 Tbsp. olive oil
1 tsp. sugar (or honey)

PREPARATIONS

1. Cook pasta. Drain and rinse in cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries and sunflower seeds.
3. For the lemon dressing, combine ingredients. Next, drizzle on top of the mixture in the other bowl.
4. Season with salt and pepper. Chill in refrigerator until ready to serve.

Makes: 6 servings

Nutritional Information (per serving)

Total Calories	153
Total Fat	8 g
Protein	4 g
Carbohydrates	18 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	33 mg

Source: USDA