



Orzo Salad

Serves six

12 oz. (340 grams) orzo or any other small pasta
1/2 a cup of small cubed fresh cheese (Farmers, Cotija, Queso Fresco)
1/2 a cup of sliced red onion
1 1/2 cups cherry tomatoes – halved
1 cup cucumber slices
2 cups baby spinach leaves
Salt & Pepper
Olive oil
1 TBS lemon juice

Cook the pasta as per package instructions. Leave it al-dente meaning it has a little tiny bit of a bite. Do not overcook it. Drain it and place it in a bowl. Cool down completely.

Add all the vegetables and mix. Season with salt, pepper, lemon juice and olive oil and toss it. Taste it and adjust the salt if necessary. Serve.

CALORIES 329.15; FAT 10.01 grs (sat 3.25; mono 4.53; poly 1.06); PROTEIN 12.01 grs ; FIBER 3.28 grs; CARBS 47.69 grs; CHOLESTEROL 13.04 mg; IRON 2.79 mg; SODIUM 551.11 mg; CALCIUM 149.28 mg