

RECIPE

Orzo Salad with Chickpeas and Lemon

Ingredients:

1 ½ cup orzo (dried)
1 can chickpeas, rinsed
Couple of handfuls of fresh spinach, torn into bite size pieces
¼ cup diced red onion
1 cup crumbled feta
Pepper, to taste
Juice and rind of 1 lemon
¼ cup canola or olive oil
¼ cup rice vinegar

Directions:

Cook orzo according to directions on package. Rinse under cold water, drain, and add to bowl. Add the rest of the ingredients except the oil and vinegar and mix.

In a separate bowl combine oil and vinegar. Add to salad according to taste. Mix and enjoy!

