

Mediterranean Orzo Salad

Estimated prep/cook time: 25-30 minutes

Ingredients

- 16 oz container orzo (preferably whole grain), cooked & cooled
- 1 14-oz can artichoke hearts
- 1 14-oz can hearts of palm
- 1 small cucumber, partially peeled & quartered
- 16 oz low sodium/no-salt-added cannellini beans
- ½ red bell pepper, diced
- ¼ cup vegan feta (optional; recommended brand: Violife)

Spices/Herbs

- ¼ cup parsley, finely chopped
- ¼ cup basil, finely chopped
- ¼ tsp salt
- 1/8 tsp pepper

Dressing

- Juice from 1 lemon
- 1/3 cup olive oil (if looking to make oil-free, use my Oil-Free Italian Dressing instead of spices/herbs, lemon and oil listed here)
- 1 tsp agave
- 1 Tbsp minced garlic

Instructions

1. Place herbs/spices in a small bowl and combine evenly.
2. Place dressing ingredients in large bowl & combine evenly.
3. Stir herbs/spices into dressing bowl.
4. Mix in remaining ingredients, thoroughly coating with dressing.
5. Store in fridge & enjoy for up to 5 days.

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