



Orzo Pasta Salad

8 Servings (½ Cup Each) (16 Sample Servings ¼ Cup)

1 Cup Orzo Pasta
4 Cups Water
3 Cloves of chopped Garlic
½ cup diced Red Onion
½ Cup diced Yellow Bell Pepper
½ Cup diced Red Bell Pepper
¼ Cup chopped Fresh Basil
2 Tablespoons fresh Lemon Juice
½ Cup Fat Free Mayonnaise
2 Tablespoons Dijon Mustard
2 Teaspoons Garlic Powder
Salt and Pepper to taste

(You can add sliced olives, chopped tomato, chopped cucumber, chopped celery, chopped eggs, pine nuts, cheese or anything else you may desire.)

You can substitute Plain Nonfat Yogurt for the Fat Free Mayonnaise

Directions:

- 1) Boil 4 cups water and add the orzo pasta to cook. Cook the orzo on high for 8-10 minutes or until the orzo is soft to chew.
- 2) Drain the orzo and rinse in cold water to cool.
- 3) Stir together the cooked orzo, garlic, onion, bell peppers and basil in a large bowl.
- 4) In a small bowl combine the lemon juice, mayonnaise and dijon mustard to make a dressing.
- 5) Stir the dressing into the orzo pasta mixture and combine well.
- 6) Season the pasta salad with the garlic powder and salt and pepper to taste.

Calories 52; carbohydrates 11g; protein 2g; fat 0g; saturated fat 0g; trans fat 0g; cholesterol 0mg; fiber 0g; sodium 107mg; calcium 7mg; iron 0mg; folate 30 mcg; percent calories from fat 0%.