

Greek Orzo Salad



Ingredients

- 4 cups fat free chicken broth
- 1 ½ cups orzo
- 16 oz can garbanzo beans, drained
- 1 cup grape tomatoes (about 21), halved
- 1 cup red onion, chopped
- ½ cup fresh basil leaves, chopped
- 1 cup red pepper, chopped
- 1 cup green pepper, chopped
- ½ cup carrots, chopped
- 2 Tbsp crumbled feta cheese
- ½ cup balsamic vinegar
- 2 lemons, squeezed
- 2 tsp honey
- ¾ cup extra virgin olive oil

Directions:

1. In medium saucepan bring chicken broth to a boil. Add orzo. Continuously stir until the orzo is tender. The broth will cook into the orzo. (Careful not to let orzo stick to bottom of pan.)
2. In a large bowl combine garbanzo beans, grape tomatoes, red onion, basil, red pepper, green pepper and carrots.
3. For the dressing, combine balsamic vinegar, squeezed lemon juice, honey and olive oil. Mix well.
4. Mix dressing and orzo together in a large bowl.
5. Sprinkle feta on top just before serving.

*Yield 16 servings, serving size: 1 serving (about ½ cup). Calories: 223.
Fat: 12 g. Cholesterol: 2 mg. Sodium 276 g. Carbohydrates: 27 g.
Fiber: 2.5 g. Sugar: 6 g. Protein: 5 g.*

**These facts may vary based on size, amount, and brand use. This information is only a guide*