

Italian Orzo Salad

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tomato-orzo-salad-recipe>

Ingredients:

- 1/4 cup olive oil \$0.64
- 2 tablespoons red wine vinegar \$0.20
- 1 tablespoon lemon juice \$0.05
- 1 teaspoon Italian seasoning blend* \$0.10
- 1/8 teaspoon garlic powder \$0.02
- 1/4 teaspoon salt \$0.02
- 1 teaspoon Dijon mustard \$0.03
- 1 teaspoon sugar \$0.02
- 1 cup orzo uncooked, \$1.15
- 15 ounces chickpeas \$0.55
- 4 ounces fresh spinach \$0.60
- 2 roasted red peppers 1/2 of 12oz. jar \$1.00
- 1/3 cup Kalamata olives \$1.00
- 6 ounces artichoke hearts quartered, \$1.40
- 1 pint grape tomatoes \$1.99

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 71 grams
3. Fat: 17 grams
4. Fiber: 11 grams
5. Protein: 15 grams
6. SaturatedFat: 2 grams
7. Sodium: 620 milligrams
8. Sugar: 5 grams

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