

# Orzo Super Salad

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-super-salad-recipe>

## Ingredients:

- 10 asparagus medium, trimmed and cut into 1-inch segments
- 1/2 broccoli a medium head of, or broccolini, cut into small trees
- 1 handful cilantro or mint if you prefer, chopped
- 1 clove garlic
- 1 pinch salt
- 2 tablespoons fresh lemon juice
- 1/4 cup extra virgin olive oil
- 1 handful sprouts
- 1/3 cup almonds toasted
- 1/2 cucumber small, cut into 1/4-inch pieces
- 1 medium avocado sliced into small pieces
- 1/4 cup feta crumbled

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 10 milligrams
4. Fat: 29 grams
5. Fiber: 9 grams
6. Protein: 9 grams
7. SaturatedFat: 5 grams
8. Sodium: 210 milligrams
9. Sugar: 5 grams

---

Thank you for visiting our website. Hope you enjoy Orzo Super Salad above. You can see more 15 russian super salad recipe Experience culinary bliss now! to get more great cooking ideas.