



## Orzo Salad with Corn, Green Beans, and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 12 oz cherry tomatoes stemmed rinsed cut in half
- ☐ 2 tablespoons dijon mustard
- ☐ 3 ears corn fresh (10 to 14 oz. each; see notes)
- ☐ 2 tablespoons tarragon dried fresh minced
- ☐ 1 pound green beans
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 8 oz orzo pasta dried

- ☐ 8 servings salt and pepper
- ☐ 0.5 cup shallots minced
- ☐ 0.5 cup citrus champagne vinegar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

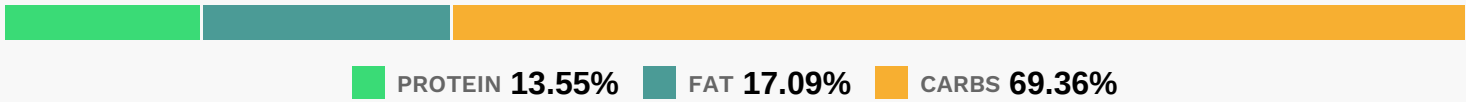
## Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 2 quarts water to a boil. Meanwhile, rinse green beans, trim off ends, and pull off any strings.
- ☐ Cut into 2- to 3-inch lengths.
- ☐ Add beans to boiling water and cook until barely tender to bite, 3 to 5 minutes.
- ☐ Drain and immerse in ice water until cold; drain well.
- ☐ Fill same pan with 2 1/2 to 3 quarts water and bring to a boil over high heat.
- ☐ Add orzo and cook until barely tender to bite, 8 to 11 minutes.
- ☐ Drain and rinse with cold water; drain well.
- ☐ Meanwhile, husk corn, discarding silk; rinse ears. Holding each ear upright in a large, deep bowl, cut off kernels close to the cob.
- ☐ To make dressing: In a small bowl, whisk together vinegar, olive oil, shallots, mustard, tarragon, and salt and pepper to taste.
- ☐ In a large, wide bowl, mix orzo with 1/2 cup of the dressing.
- ☐ Add more salt and pepper to taste.
- ☐ Spread level.
- ☐ Layer corn kernels, green beans, and tomatoes over pasta.
- ☐ Pour remaining dressing into a container. Cover and chill both salad and dressing until ready to serve.
- ☐ Shortly before serving, pour three-fourths of the remaining dressing over salad and mix gently to blend.

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Add more dressing and salt and pepper to taste.

# Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:10.76, Inflammation Score:-7, Nutrition Score:12.647391422935%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 204.24kcal (10.21%), Fat: 4.02g (6.19%), Saturated Fat: 0.64g (4%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 32.56g (11.84%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 253.99mg (11.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.35%), Manganese: 0.69mg (34.39%), Selenium: 20.2µg (28.86%), Vitamin K: 27.5µg (26.19%), Vitamin C: 21.06mg (25.52%), Fiber: 4.17g (16.7%), Vitamin A: 739.03IU (14.78%), Magnesium: 57.09mg (14.27%), Vitamin B6: 0.28mg (14.05%), Potassium: 480.44mg (13.73%), Phosphorus: 136.67mg (13.67%), Folate: 53.6µg (13.4%), Iron: 2.3mg (12.8%), Vitamin B1: 0.16mg (10.67%), Copper: 0.2mg (10.02%), Vitamin B3: 1.93mg (9.64%), Vitamin B2: 0.13mg (7.81%), Vitamin E: 0.93mg (6.22%), Calcium: 61.09mg (6.11%), Zinc: 0.91mg (6.05%), Vitamin B5: 0.6mg (6.01%)