



Sack Lunch: Greek Salad with Orzo and Black-Eyed Peas

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce blackeyed peas drained and rinsed canned
- ☐ 1 cup feta cheese crumbled
- ☐ 2 tablespoons flat parsley chopped
- ☐ 0.5 cup kalamata olives pitted
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 tablespoon oregano finely chopped

- ☐ 0.8 cup orzo pasta
- ☐ 4 pepperoncini peppers
- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 tablespoons red-wine vinegar
- ☐ 2 cups the of 1 cos lettuce coarsely chopped
- ☐ 1 cup tomatoes diced

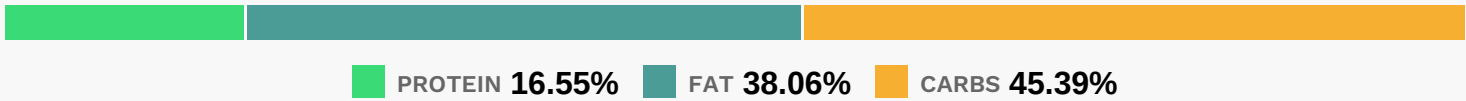
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Cook orzo according to package instructions.
- ☐ Drain in a sieve and rinse under cold water until cool.
- ☐ Drain well.
- ☐ Toss black-eyed peas, tomato, and parsley with vinegar, 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Marinate, stirring occasionally, 15 minutes.
- ☐ Meanwhile, toss together orzo, remaining tablespoon oil, cucumber, olives, onion, lemon zest and juice, oregano, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.
- ☐ Divide black-eyed-pea mixture (with juices) among 4 jars 16-ounce wide jars (or other lidded containers) and layer orzo salad, romaine, and feta on top.
- ☐ Add 1 or 2 peperoncini to each jar.
- ☐ Gourmet says the assembled jars can be chilled for up to 6 hours, but I stored the components overnight in separate containers and did not think they suffered.
- ☐ Serve at room temperature if possible.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:15.74, Inflammation Score:-10, Nutrition Score:28.187826156616%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 439.46kcal (21.97%), Fat: 18.92g (29.11%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 50.78g (16.93%), Net Carbohydrates: 40.24g (14.63%), Sugar: 6.65g (7.39%), Cholesterol: 33.38mg (11.13%), Sodium: 704.54mg (30.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.04%), Folate: 289.24µg (72.31%), Vitamin K: 75.57µg (71.97%), Vitamin A: 2822.37IU (56.45%), Manganese: 0.95mg (47.47%), Fiber: 10.55g (42.19%), Selenium: 26.47µg (37.81%), Phosphorus: 373.38mg (37.34%), Vitamin C: 22mg (26.67%), Calcium: 265.38mg (26.54%), Vitamin B2: 0.43mg (25.58%), Iron: 4.43mg (24.61%), Magnesium: 95.85mg (23.96%), Vitamin B1: 0.35mg (23.49%), Copper: 0.46mg (22.98%), Vitamin B6: 0.43mg (21.43%), Zinc: 3.08mg (20.55%), Potassium: 618.34mg (17.67%), Vitamin E: 2.61mg (17.37%), Vitamin B5: 1.07mg (10.65%), Vitamin B12: 0.63µg (10.56%), Vitamin B3: 1.94mg (9.72%)