



Spinach and Orzo Salad

 Popular

READY IN



35 min.

SERVINGS



4

CALORIES



514 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces orzo pasta
- ☐ 4 servings salt
- ☐ 0.3 cup pinenuts
- ☐ 6 ounces feta cheese crumbled
- ☐ 2 ounces kalamata greek olives pitted roughly chopped
- ☐ 4 ounces baby spinach
- ☐ 0.5 cup onion red chopped (half a onion)
- ☐ 3 tablespoons olive oil extra virgin

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon red wine vinegar (can substitute white vinegar or lemon juice)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 pinch basil dried
- ☐ 1 pinch tarragon dried
- ☐ 4 servings salt and pepper black freshly ground to taste

Equipment

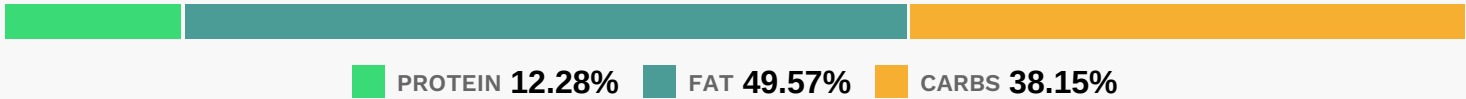
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ blender

Directions

- ☐ Cook the orzo pasta: Bring to a pot of salted water to a rolling boil (1 Tbsp of salt for every 2 quarts of water).
- ☐ Add the orzo to the pot. Leave uncovered, cook on high heat with a vigorous boil for 8-10 minutes until al dente (cooked, but still a little firm).
- ☐ Drain. Rinse with cold water to cool quickly.
- ☐ Toast the pine nuts: Toast the pine nuts by heating a small skillet on medium heat.
- ☐ Add the pine nuts and stir occasionally until the pine nuts are lightly browned. Pay attention or you'll burn the pine nuts.
- ☐ Purée half the spinach with 1 Tbsp olive oil, mix with orzo: Take half of the spinach and purée it in a food processor or blender, adding one tablespoon of the olive oil. In a large serving bowl mix the spinach purée olive oil mixture in with cooked orzo until the pasta is well coated with the purée.
- ☐ Mix onion, feta, pine nuts, olives, remaining spinach with the orzo: Roughly chop the other half of the spinach. Then gently mix the spinach, the red onion, feta cheese, pine nuts, and the Kalamata olives in with the orzo.

- ☐
- Make dressing: In a small jar, combine the remaining olive oil (2 Tbsp), balsamic vinegar, red wine vinegar, mustard, dried basil, and dried tarragon. Put a lid on the jar and shake to combine. (You can also just whisk together these ingredients in a small bowl, but the jar method works great to get a good emulsion.)
- ☐
- Pour over orzo spinach mixture and gently mix in until well incorporated.
- ☐
- Chill for at least an hour before serving.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:18.44, Inflammation Score:-9, Nutrition Score:26.499565347381%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg, Kaempferol: 1.94mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 514.29kcal (25.71%), Fat: 28.64g (44.07%), Saturated Fat: 8g (50.02%), Carbohydrates: 49.6g (16.53%), Net Carbohydrates: 45.85g (16.67%), Sugar: 3.48g (3.87%), Cholesterol: 37.85mg (12.62%), Sodium: 942.01mg (40.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.93%), Vitamin K: 153.37µg (146.06%), Manganese: 1.62mg (81.22%), Selenium: 43.23µg (61.76%), Vitamin A: 2910.14IU (58.2%), Phosphorus: 323.28mg (32.33%), Vitamin B2: 0.48mg (28.2%), Calcium: 274.15mg (27.41%), Vitamin E: 3.59mg (23.93%), Magnesium: 89.31mg (22.33%), Folate: 87.47µg (21.87%), Zinc: 2.8mg (18.67%), Vitamin B6: 0.36mg (18.15%), Copper: 0.36mg (18.06%), Iron: 2.8mg (15.56%), Fiber: 3.75g (15%), Vitamin B1: 0.18mg (12.32%), Potassium: 419.94mg (12%), Vitamin B12: 0.72µg (11.98%), Vitamin C: 9.66mg (11.71%), Vitamin B3: 2.06mg (10.3%), Vitamin B5: 0.74mg (7.36%), Vitamin D: 0.17µg (1.13%)