



Tomato and Black Olive Orzo Salad

READY IN



25 min.

SERVINGS



6

CALORIES



965 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1.5 cups chickpeas canned rinsed
- ☐ 1 tablespoon brined capers minced
- ☐ 1 pinch cayenne
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup feta crumbled
- ☐ 1 tablespoon basil fresh finely sliced
- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 tablespoon chives fresh chopped

- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 8 sprigs thyme leaves fresh
- ☐ 1 clove garlic smashed
- ☐ 2 cloves garlic thinly sliced
- ☐ 2 cups grape tomatoes
- ☐ 0.5 cup greek yogurt fat-free
- ☐ 3 dashes hot sauce
- ☐ 0.5 juice of lemon juiced
- ☐ 1 cup kalamata olives pitted roughly chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 optional: lemon cut into thin wheels
- ☐ 1.5 cups mayonnaise
- ☐ 3 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 6 servings olive oil extra-virgin
- ☐ 2 teaspoons oregano fresh
- ☐ 8 sprigs oregano fresh
- ☐ 0.5 pound orzo pasta
- ☐ 2 tablespoons pickled pepper diced sweet red finely
- ☐ 0.5 cup pepperoncini peppers sliced
- ☐ 2 tablespoons toppings: such as pickles diced finely
- ☐ 0.3 onion red thinly sliced
- ☐ 1 tablespoon onion red minced
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 1 roasted pepper red finely sliced
- ☐ 8 large sardines fresh whole with head and tail intact cleaned
- ☐ 6 servings flaky sea salt
- ☐ 1 teaspoon sugar

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ grill
- ☐ spatula
- ☐ kitchen twine

Directions

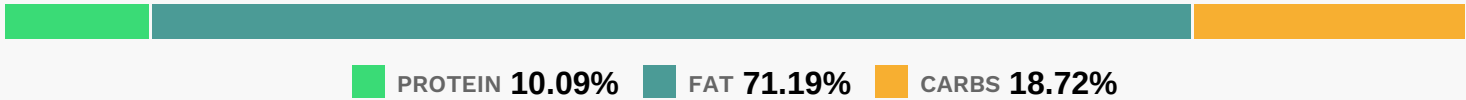
- ☐ Preheat oven to 375 degrees F.
- ☐ Place the tomatoes on a sheet tray and drizzle with olive oil and sprinkle with salt and pepper. Roast until the tomatoes are tender and just bursting slightly but not falling apart, 10 to 12 minutes.
- ☐ Remove from oven and set aside.
- ☐ Cook the pasta in a large pot of boiling salted water until al dente (following package instructions). While the pasta is cooking, make a vinaigrette by pouring the juice from the bottom of the pan the tomatoes cooked in into a mixing bowl.
- ☐ Add the feta, vinegar, mustard, garlic, sliced basil, oregano, sugar, and salt and pepper to taste. Slowly pour in 3 tablespoons of the olive oil while whisking to lightly emulsify.
- ☐ Drain the cooked pasta and toss with the vinaigrette.
- ☐ Add the grape tomatoes, olives, chickpeas, roasted red pepper, pepperoncini peppers, onion and chopped basil and toss to combine.
- ☐ This is a great salad to serve with Mediterranean Sardines with Lemon and Garlic.
- ☐ Combine the mayonnaise, yogurt, pickles, red pepper, onion, capers, lemon juice, tarragon, chives, hot sauce and cayenne in a mixing bowl. Season with salt and pepper. Stir well, then cover and refrigerate for 15 to 20 minutes to allow flavors to come together.
- ☐ For the sardines: Preheat a grill to high. Rinse the sardines in cold water and pat dry with paper towels. Season the cavity of each sardine with salt and pepper, then place a sprig of thyme and oregano inside each along with a few slices of lemon and garlic. Season outside

with salt and pepper. Carefully tie the sardines with butchers twine to help keep them closed during grilling. Wipe down the grill grates with a towel dipped in oil to clean and create a non-stick surface. Carefully place sardines across grates and grill for 3 to 4 minutes, until skin blisters and chars around the edges. Using a spatula, carefully turn the sardines and grill for a further 2 to 3 minutes to cook through. When done, remove to a platter and keep warm until ready to serve.

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 Serve the sardines slathered with the Spicy Tartar.

Nutrition Facts



Properties

Glycemic Index:146.15, Glycemic Load:15.15, Inflammation Score:-10, Nutrition Score:27.963478282742%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 965.47kcal (48.27%), Fat: 77.51g (119.25%), Saturated Fat: 11.07g (69.2%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 38.51g (14%), Sugar: 5.32g (5.91%), Cholesterol: 58.29mg (19.43%), Sodium: 1268.3mg (55.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.71g (49.42%), Vitamin K: 136.94µg (130.42%), Manganese: 1.23mg (61.71%), Selenium: 37.01µg (52.87%), Vitamin E: 6.84mg (45.59%), Vitamin C: 37.16mg (45.04%), Calcium: 394.07mg (39.41%), Phosphorus: 362.24mg (36.22%), Fiber: 7.38g (29.5%), Vitamin B3: 5.42mg (27.11%), Vitamin B6: 0.51mg (25.38%), Vitamin B2: 0.41mg (24%), Iron: 4.26mg (23.69%), Vitamin A: 1115.2IU (22.3%), Magnesium: 80.49mg (20.12%), Potassium: 666.61mg (19.05%), Zinc: 2.73mg (18.19%), Copper: 0.33mg (16.35%), Folate: 53.95µg (13.49%), Vitamin B1: 0.16mg (10.54%), Vitamin B5: 0.69mg (6.87%), Vitamin B12: 0.29µg (4.82%)