

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

SERVINGS: 4

# ORZO SALAD

## Nutrient Analysis

PER SERVING: ¼ of recipe

RENAL EXCHANGE: 2 Meat + 3 Starch  
+ 1 Medium-Potassium Vegetable + 1 Fat

Calories	<b>441 Kcal</b>	Sodium	<b>101 mg</b>
Protein	<b>21 g</b>	Potassium	<b>523 mg</b>
Total Carbohydrate	<b>52 g</b>	Phosphorus	<b>242 mg</b>
Fiber	<b>3 g</b>	Calcium	<b>41 mg</b>
Sugars	<b>9 g</b>	Iron	<b>3 mg</b>
Fat	<b>16 g</b>	Magnesium	<b>51 mg</b>
Saturated	<b>2 g</b>	Vitamin C	<b>27 mg</b>
Cholesterol	<b>51 mg</b>		

## Diet Types

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant



# ORZO SALAD

## INGREDIENTS

***1 cup orzo pasta, dry***

***2 cups green beans, trimmed and cut in 1-inch pieces***

***Two 5–6 oz chicken breasts, boneless and skinless***

***1 tablespoon olive oil***

***½ teaspoon ground black pepper***

***½ teaspoon paprika***

***½ teaspoon garlic powder***

***1 tablespoon shallots, minced***

***1 tablespoon Dijon mustard***

***1 tablespoon maple syrup***

***3 tablespoons lemon juice***

***3 tablespoons extra virgin olive oil***

***½ cup fresh dill, chopped***

***½ cup red pepper, diced***



## PREPARATION

- 1** In a large saucepan, bring water to a boil. Add orzo and cook according to instructions on package (approximately 8 minutes). Drain and rinse with cold water. Set aside in a salad bowl.
- 2** Cook beans in boiling water for 3–5 minutes. Drain and rinse under cold water to stop the cooking process. The beans should still be crisp.
- 3** Heat the barbecue or grill pan on the stove on medium heat.
- 4** Rub chicken breasts with olive oil and sprinkle with spices. Grill the chicken until it reaches an internal temperature of 165°F (approximately 7–10 minutes per side). Cut chicken in slices.
- 5** To make the vinaigrette, whisk together the shallots, mustard, syrup, lemon juice and olive oil.
- 6** To assemble the salad, pour vinaigrette over the cooked orzo. Add the green beans, dill, and red pepper. Mix together. Fan sliced chicken on top of the salad and serve.

## NOTES

- ✓ *Try adding another protein to the salad, such as sliced steak, pork or a hard-boiled egg.*
- ✓ *This salad is just as tasty as a vegetarian dish. It makes a great side dish for your grilled meats or fish.*

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