

Lunch | Side

Orzo Pesto Salad with Veggies

10 Mins
Prep Time

10 Mins
Cook Time

4
Servings

312 Calories **10g** Fat **47g** Carbs **13g** Protein



Ingredients

4 Servings **20 Mins** Total Time Allergens: Nuts, Dairy, Gluten

1 lb Fresh Asparagus, **washed**, woody ends removed, and cut into thirds

1 Cup Dried Orzo Pasta

½ Cup Cherry Tomatoes, **washed** and halved

¼ Cup Pesto

Salt and Pepper, to taste

Allergen Swap

Nuts Make or purchase a pesto that does not contain nuts

Dairy Make or purchase a pesto that does not contain Parmesan cheese

Gluten Choose a small, gluten-free pasta

Nourishment Note



Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA.



Asparagus

Asparagus is packed with nutrients, including folate, vitamin K and fiber. Asparagus is also high in antioxidants, which may help to lower inflammation and reduce the risk of heart disease, a condition common in those with RA.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Boil Water for Asparagus

Bring water to a boil in a large saucepan. Once water is boiling, add the asparagus and allow to cook for 3 minutes.

3. Add Orzo

Add the orzo to the saucepan with asparagus and cook according to package directions, about 7 minutes.

4. Drain and Add Pesto

Drain the pasta and the asparagus and return to the pot. Add the pesto and tomatoes and mix until well coated. Season with salt and pepper, as desired.

5. Serve and Enjoy

Serve pasta salad warm or chilled. Enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians

What You'll Need



Knife



Cutting Board



Large Saucepan



Spoon



Colander



Measuring Cups

RA Cooking Tips

Asparagus: Add frozen asparagus tips to the boiling water instead of prepping fresh asparagus.

Tomatoes: Add whole cherry tomatoes instead of halving tomatoes.

Make it a Meal: Add pre-cooked chicken to the pasta salad to increase the protein content and make it a meal!