

Orzo Salad with Pesto and Pepper



Ingredients

1 cup orzo pasta (dry)	1 tsp red wine vinegar
1/2 yellow bell pepper, chopped	1/2 tsp black pepper
1/2 red bell pepper, chopped	1/4 tsp salt to taste
1/2 small red onion, chopped	
1/2 cup cauliflower, broken into small florets	
1 Lifestyle Pesto (see recipe)	

Instructions

Cook orzo pasta according to package directions. Drain and place in a large bowl. To the orzo pasta add diced peppers, red onion, cauliflower, pesto, red wine vinegar and black pepper. Stir to combine. Refrigerate for at least one hour before serving.

Nutrition Information Per Serving

Serving Size: 1/2 cup

Serves 6

Calories: 300

Fat: 7 gm

Sodium: 10 mg

Fiber: 3 gm

Carbohydrates: 51 gm

Protein: 10 gm

Sugar: 4 gm