

Summer Orzo Salad with Spicy Kefir Dressing

Serving size: 1/6 of recipe

Serves: 6

Ingredients

1 cup uncooked orzo
3 green onions, diced and the green tops divided from the white bulbs
1 cup frozen whole-kernel corn, thawed and drained
1 15oz can black beans no added salt, drained and rinsed
12 grape tomatoes, quartered

¼ cup low-fat plain kefir
2 tablespoons low-fat plain yogurt
2 tablespoons low-fat mayonnaise
1 teaspoon chili powder
1 teaspoon kosher salt
¼ teaspoon coarse black pepper
½ teaspoon cayenne pepper
1-2 cloves garlic, minced
3 tablespoons fresh lime juice
3 tablespoons fresh parsley (or cilantro), chopped
1 avocado, peeled and sliced into 8 wedges, garnish
1 tablespoon fresh parsley, chopped, garnish

Directions

Cook the orzo according to package directions with no salt. Never add oil. Don't overcook.
Cook the green onion white bulbs with the pasta water. When done, drain the pasta in a colander.
Lightly rinse and allow to drain and cool.

In a large mixing bowl combine the orzo, corn, black beans, tomatoes and the green onion tops.
The orzo will be a little sticky. Tossing it with the corn and beans will help to separate it.

Mix the dressing in a separate bowl. Combine the kefir, yogurt and mayonnaise and stir until well blended. Stir in the remaining ingredients except for the garnish. Serve as is or refrigerate and allow the flavors to blend.

This pasta salad is perfect for summer get-togethers. It's tasty and quick to make. The kefir replaces buttermilk in this spicy twist on a buttermilk dressing. The spices add a nice kick to the tangy, creamy dressing.

Exchanges per serving

2.5 Starches, 1 Vegetable, 1 Fat

Nutrients per serving

Calories: 273

Calories from fat: 54

Total Fat: 6g

Cholesterol: 1mg

Sodium: 382mg

Total Carbohydrate: 45g

Dietary Fiber: 9g

Protein: 11g