

Whole Wheat Orzo Salad with Kale, Chickpeas, Lemon, and Feta

Makes 4 generous servings

Salad Ingredients:

- 1 cup dry whole wheat orzo pasta, cooked according to package directions, drained well (may substitute with brown rice) and cooled
- 4 cups fresh kale, chopped (**OR baby spinach or kale, chopped**)
- 1 tsp. olive oil, for pan used to wilt the kale
- 1 can (15.5 oz.) chick peas, rinsed and drained well
- 1/2 small red onion, finely diced
- 3/4 cup crumbled Feta cheese

Dressing Ingredients:

- zest and juice of one large lemon (zest the lemon before juicing it)
- 2 T balsamic vinegar (or substitute any type of mild vinegar)
- 1 tsp. ground cumin
- salt and fresh ground black pepper to taste
- 1/4 cup extra virgin olive oil

Instructions:

1. In a jar or bowl, mix together the olive oil, lemon juice, lemon zest, balsamic vinegar, cumin, salt, and pepper. Shake/whisk well until dressing is mixed.
2. ***IF using curly kale*** cut leaves away from the stalks and coarsely chop. Heat the tsp. of olive oil in a large heavy frying pan over medium high heat, add the kale all at once and turn over until it wilts, not more than 1-2 minutes. Immediately put the kale in a bowl large enough to hold all the salad ingredients.
3. ***If you're using baby spinach or baby kale, do not cook it as in step 2.***
4. Gently mix the salad ingredients together in a large bowl.
5. Pour salad dressing over the salad, and toss to combine.