

# Orzo Salad

## WITH SPICY BUTTERMILK DRESSING

### INGREDIENTS

1 cup uncooked orzo  
1 cup frozen whole-kernel corn, thawed and drained  
12 cherry tomatoes, quartered  
3 green onions, sliced  
1 (15-ounce) can black beans, rinsed and drained  
1/4 cup low-fat buttermilk  
3 tablespoons chopped fresh cilantro, divided  
3 tablespoons fresh lime juice  
2 tablespoons light sour cream  
2 tablespoons canola mayonnaise  
1 teaspoon chili powder  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
1/4 teaspoon ground red pepper  
(If you're sensitive to spice, use less red pepper)  
2 garlic cloves, crushed  
1 peeled avocado, cut into 8 wedges  
1 tablespoon chopped fresh parsley

### PREPARATION

1. Cook orzo according to package directions, omitting salt and fat. Drain and rinse; drain well. Place orzo, corn, and next 3 ingredients (through beans) in a large bowl; toss.

2. Combine buttermilk, 2 tablespoons cilantro, and next 8 ingredients (through garlic) in a small bowl, stirring well with a whisk. Drizzle over orzo mixture; toss. Top with avocado; garnish with remaining cilantro and parsley.

*Recipe from Cooking Light.*

### NUTRITIONAL INFORMATION

Calories 424	Carbohydrate 63.8 g
Fat 15.3 g	Fiber 10.1 g
Satfat 2.3 g	Cholesterol 6 mg
Monofat 8.4 g	Iron 1.8 mg
Polyfat 2.7 g	Sodium 607 mg
Protein 12.7 g	Calcium 80 mg

### WAC Fun Food Fact

Check out the fiber content, a whopping 10 grams! Since most Americans don't get enough fiber, this dish goes a long way toward meeting the 25-35 grams recommended daily.

To make it gluten free, simply substitute a gluten free orzo or rice.

Recipe of the Month | MAY

