

A Healthy Cooking Recipe

Orzo Salad with Oregano and Feta

- 1 ½ cups whole wheat orzo (about 9 ounces)
- 3 tablespoons olive oil
- 3 tablespoons fresh lemon juice
- 1 garlic clove, minced
- 1 15 ounce can garbanzo beans (chickpeas), no added salt, rinsed, drained
- 2 tablespoons chopped fresh oregano (or use any other fresh herb you have on hand)
- 1 English hothouse cucumber, chopped into 1/3 inch cubes
- 1 cup cherry tomatoes, halved
- ½ cup feta, crumbled



Preparation

- Following package instructions, cook orzo in large saucepan of boiling water until just tender, stirring occasionally. Drain orzo. Let cool.
- Whisk olive oil, fresh lemon juice, and minced garlic to blend in large serving bowl. Add garbanzo beans, cooked orzo, cherry tomatoes, cucumber, and chopped fresh oregano; toss salad to coat. Season salad to taste with pepper. Gently stir in crumbled feta cheese. Serves 8 as a side dish.

Nutrition Facts Per Serving: Calories: 219, Total Fat: 8 grams, Saturated Fat: 2 grams, Trans Fat: 0 grams, Cholesterol: 6 mg, Sodium: 101 mg, Carbohydrate: 33 grams, Fiber: 3 grams, Protein: 8 grams

over

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A Healthy Cooking Recipe

Yogurt Fruit Dip

- 2 cups plain nonfat greek yogurt
- ½ cup honey
- 1 tsp cinnamon

Preparation

Combine yogurt, honey and cinnamon in small bowl; stir to blend. Serve with fresh strawberries or other fruit of your choice for dipping. Serves 6.

Nutrition Facts Per Serving: Calories: 130, Total Fat: 0 grams, Cholesterol: 0 mg, Sodium: 37 mg, Carbohydrate: 26 grams, Fiber: 0 grams, Protein: 8 grams