SPINACH AND ORZO SALAD

4 SERVINGS

INGREDIENTS

1½ c. orzo
1 package (9-10oz) chopped frozen spinach
8 oz. chicken sausage links, sliced into quarter-inch pieces (about 2 links)
2 Tbsp. olive oil
2 Tbsp. fresh lemon juice
1 garlic clove, minced
½ tsp. salt
¼ tsp. black pepper
½ cup finely grated Parmesan (2 ounces)

INSTRUCTIONS

1. Wash hands with soap and water.
2. Fill a medium saucepan with water and bring to a boil. Add orzo and cook according to package directions. Add spinach to boiling water and cook according to package instructions. When the pasta is tender, drain well.
3. In a medium skillet over medium heat, cook chicken sausage, stirring occasionally. Cook until browned and the internal temperature reaches 165 ºF on food thermometer (about 8 minutes).
4. In a serving bowl combine oil, lemon juice, garlic, salt, and pepper. Add orzo and spinach and toss to coat. Stir in sausage and Parmesan.
5. Serve immediately.

RECIPE COURTESY OF: Partnership for Food Safety Education

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.
Separate: Don’t cross-contaminate.
Cook: Cook to the safe internal temperature.
Chill: Refrigerate or freeze promptly.

Learn more about food safety at StoryOfYourDinner.org