Spinach and Orzo Salad

Makes 4 Servings

This recipe was developed using the Safe Recipe Style Guide at SafeRecipeGuide.org

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)

Directions

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. Wash hands with soap and water. Cook until browned and the internal temperature reaches 165 °F 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.