



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.

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