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a nut-free cooking blog

Orange Mint Orzo Salad

Time: 40 minutes total

Yield: 12 servings

1 lb. orzo
¼ cup extra virgin olive oil
3 tbsp. lemon juice (or orange juice)
¼ tsp. salt
1/8 tsp. fresh ground pepper
zest of one orange (can come from one of the four below)
4 navel oranges
2 cucumbers
1 large bunch mint
16 oz. frozen edamame, defrosted
2 cups crumbled feta



1. Cook the orzo according to the package instructions. (To maximize on time, start on step 2 while it's cooking.) Once cooked, drain and rinse with cold water.
2. Prepare the dressing: Place the following ingredients into a small mixing bowl: olive oil, lemon/orange juice, salt, and pepper. Zest one of the oranges (after washing it thoroughly) and add it to the bowl. Whisk all of the ingredients together and set aside.
3. Peel the oranges and dice them into bite-sized pieces. Place in a large mixing bowl.
4. Remove the seeds from the cucumbers. I find the easiest way to do this is to cut the cucumber in half along its length. Cut it in half along its length again, so that it's quartered and the seeds are exposed. Slice the seeds out and discard. Dice the flesh of the cucumbers into bite-sized pieces. Place into a large mixing bowl with the oranges.
5. Coarsely chop the mint and add it to the cucumbers and oranges. Stir in the defrosted edamame and feta. Add the orzo, and pour the dressing over top. Toss to evenly coat all of the ingredients with the dressing.