

In Italian, orzo means barley, but actually it's pasta. This tiny pasta is shaped like a grain of rice and is made from the finest quality enriched durum semolina.



- 2 cups cooked Orzo
- 1 bundle of fresh, washed and dried spinach
- 2 ounces roasted red bell peppers, diced (optional)
- 1/4 cup sliced black olives
- 1/4 cup crumbled feta cheese
- 1/2 cup pinenuts (these are good if you roast them in the oven, too)
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 2 teaspoons of crushed red pepper flakes
- 1 teaspoon lemon juice
- Salt and pepper to taste

In a small bowl or cup, combine olive oil and chopped garlic and crushed red peppers in a skillet. Heat slowly over a medium heat, DO NOT BURN! (just heat...don't cook) Leave olive oil mixture in skillet. Set aside. Cook pasta in a large pot of boiling water until al dente. Drain. Mix the drained orzo with olive oil mixture in skillet and just heat through. On individual salad plates, spoon orzo mixture over fresh spinach leaves, top with roasted red peppers, olives, crumbled feta and pinenuts. Drizzle with lemon juice. Season with salt and pepper. Serve immediately.

Here is a nice dressing that can add to this salad.

Dijon Vinaigrette Dressing

- 1 tablespoon Dijon mustard
- 3 tablespoons champagne vinegar or white wine vinegar*
- 1 T lemon juice
- Coarse salt and freshly ground pepper
- 1/2 cup extra-virgin olive oil (I use the same olive oil that I use in the above recipe. Olive oil heated with garlic and crushed red peppers.)

Combine the mustard, vinegar, and lemon juice in a small bowl. Slowly drizzle in the oil, whisking until the mixture becomes thick. Season with salt and pepper.

* Balsamic vinegar can be substituted for champagne or white wine vinegar.

