



TEACHING KITCHEN

VIRTUAL WELLNESS *Series*

April Rozzo, MS, RD, CSO, LD/N

Tuesday, April 18, 2023 • noon–12:30 p.m. EST

Join April Rozzo, Clinical Oncology Dietitian, for a hands-on session preparing one of her favorite healthy eating recipes.

FRESH ORZO SALAD

Ingredients/Shopping List

- 1 cup uncooked tri-color orzo
- 2 quarts water
- 2 cups seasonal fresh vegetables (1 cup chopped tomato, 1 cup chopped fresh spinach)
- 1 shallot diced
- ¼ cup crumbled feta cheese
- ¼ cup chopped kalamata olives
- Zest and juice of ½ a lemon
- 1 tablespoon dried oregano
- 1 teaspoon salt
- ½ teaspoon ground pepper
- 1 tablespoon olive oil

Instructions

1. Bring water to a boil in a medium saucepan. Stir in orzo and return to a low boil. Cook uncovered 8-10 minutes. Drain, then add orzo to a large serving bowl.
2. Chop fresh vegetables into bite size pieces and add to the orzo. Then dice the shallot and add that to the mixture.
3. Add all the remaining ingredients to the orzo mixture and toss well to combine.
4. Serve immediately or chill and serve cold. Makes 4-6 servings.

Register in advance for this free webinar series:

FLCancer.com/VirtualWellnessSeries

