

Roasted Vegetable and Orzo Salad

Raleigh Rhodes

Junior

Grain Category

Wood County

Serves 6

2 medium sweet potatoes

2 red onions, cut into small wedges

1 large head of broccoli, cut into small florets

½ cup olive oil

6 cloves garlic

Lightly crushed thyme

1 lb. orzo

2 teaspoons Italian dressing, Italian dressing and juice of 1 lemon

½ cup shredded Parmesan

1 cup spinach leaves (can sub kale or rainbow chard)

1/3 cup roasted pine nuts

In a bowl, toss sweet potatoes, red onions, and broccoli with olive oil and Italian seasoning, lemon juice and salt and pepper. Transfer to a roasting pan and add garlic and thyme. Cook until veggies are just softened, and a little browned, maybe 25 minutes.

Roast pine nuts on a baking sheet until lightly golden, 3-5 minutes, remove from sheet and cool.

Cook orzo as directed on package, strain and toss with more olive oil in a large serving bowl.

Discard garlic and thyme from veggie mixture toss with pasta while still warm. Toss in 1 cup of washed and dried spinach til wilted. Let cool and then serve with Parmesan cheese and salt and pepper to taste.