

Roasted Vegetable Orzo Salad

Ingredients

- 1 small eggplant
- 1 red and 1 yellow pepper cut into 1-inch dice
- 1 red onion peeled and cut into 1-inch dice
- 1 cup grape tomatoes
- 1 garlic clove
- 1/4 cup olive oil
- 1 1/2 tsp salt
- 1/2-pound orzo, cooked to tender
- 1 cup crumbled goat cheese
- 1/4 cup pepitas



Dressing:

Ingredients

- Juice of 2 lemons
- 1/3 cup olive oil
- 1 tsp kosher salt
- 3/4 tsp Live by Heart™ Artisan Spice Blend
- 1/4 tsp pepper

Directions

Pre-heat oven to 425 degrees
 Mix eggplant, peppers, red onion, tomatoes, garlic, olive oil, and salt.
 Spread out on foil covered roasting pan.
 Roast 30-40 minutes, stirring as the vegetables brown.

Whisk together the dressing ingredients.

Add roasted vegetables to the cooked orzo in a large bowl. Toss with the dressing. Top with crumbled goat cheese and nuts

Serves 4

| Nutrition Facts | |
|---------------------------------|----------------|
| Servings: 6 | |
| Amount per serving | |
| Calories | 401 |
| | % Daily Value* |
| Total Fat 20.7g | 27% |
| Saturated Fat 7.6g | 38% |
| Cholesterol 40mg | 13% |
| Sodium 998mg | 43% |
| Total Carbohydrate 38.5g | 14% |
| Dietary Fiber 5.2g | 19% |
| Total Sugars 7.3g | |
| Protein 15.5g | |
| Vitamin D 0mcg | 0% |
| Calcium 226mg | 17% |
| Iron 3mg | 14% |
| Potassium 269mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Figure 1 - Filling

| Nutrition Facts | |
|--------------------------------|----------------|
| Servings: 6 | |
| Amount per serving | |
| Calories | 101 |
| | % Daily Value* |
| Total Fat 11.3g | 14% |
| Saturated Fat 1.6g | 8% |
| Cholesterol 0mg | 0% |
| Sodium 388mg | 17% |
| Total Carbohydrate 1.5g | 1% |
| Dietary Fiber 0.1g | 0% |
| Total Sugars 1.9g | |
| Protein 0.1g | |
| Vitamin D 0mcg | 0% |
| Calcium 2mg | 0% |
| Iron 0mg | 0% |
| Potassium 22mg | 0% |

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Figure 2 - Dressing