

Lunch | Side

# **Orzo Pesto Salad** with Veggies

10 Mins **Prep Time** 

**10 Mins Cook Time** 

**Servings** 

312 Calories

10g Fat 47g Carbs

13g Protein



## **Ingredients**

4 Servings



20 Mins Total Time



**Allergens:** Nuts, Dairy, Gluten

1 lb Fresh Asparagus, washed, woody ends removed, and cut into thirds

1 Cup Dried Orzo Pasta

½ Cup Cherry Tomatoes, washed and halved 🖤



1/4 Cup Pesto

Salt and Pepper, to taste

#### **Allergen Swap**

Nuts Make or purchase a pesto that does not contain nuts

Dairy Make or purchase a pesto that does not contain Parmesan cheese

Gluten Choose a small, gluten-free pasta

#### **Nourishment Note**



#### Tomatoes

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA.



#### Asparagus

Asparagus is packed with nutrients, including folate, vitamin K and fiber. Asparagus is also high in antioxidants, which may help to lower inflammation and reduce the risk of heart disease, a condition common in those with RA.



### **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Boil Water for Asparagus

Bring water to a boil in a large saucepan. Once water is boiling, add the asparagus and allow to cook for 3 minutes.

#### 3. Add Orzo

Add the orzo to the saucepan with asparagus and cook according to package directions, about 7 minutes.

#### 4. Drain and Add Pesto

Drain the pasta and the asparagus and return to the pot. Add the pesto and tomatoes and mix until well coated. Season with salt and pepper, as desired.

#### 5. Serve and Enjoy

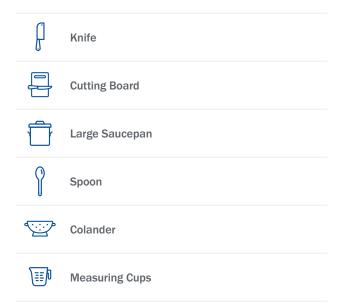
Serve pasta salad warm or chilled. Enjoy!

#### 6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

## What You'll Need



#### **RA Cooking Tips**

**Asparagus:** Add frozen asparagus tips to the boiling water instead of prepping fresh asparagus.

**Tomatoes:** Add whole cherry tomatoes instead of halving tomatoes.

**Make it a Meal:** Add pre-cooked chicken to the pasta salad to increase the protein content and make it a meal!