

Orzo, Chickpea, and Prosciutto Meal Salad



Savor the delightful benefits of our Orzo, Chickpea, and Prosciutto Meal Salad. A harmonious blend of flavors and textures in a satisfying and nutritious dish. Elevate your mealtime with this refreshing and gourmet delight!

Preparation 10 min

Cooking 8 min

Servings 10

Nutrition Facts (per serving)

Calories 305

Fat 9

Carbohydrates 45

Fibre 3

Protein 12

Sodium 560

Ingredients

- 750 ml (3 cups) of uncooked orzo pasta
- 100 g (3.5 oz) of prosciutto
- 50 g (1.8 oz) of feta cheese
- 20 cherry tomatoes
- ? of an English cucumber
- 250 ml (1 cup) of cooked chickpeas

- 45 ml (3 tbsp) of honey
- Pepper and salt, to taste

Preparation

1. Bring a large pot of water to a boil. Cook the orzo for 8 minutes (similar to cooking pasta). Drain and place it in a large bowl.
2. While the orzo is cooking, cut the prosciutto into thin strips, and dice the cherry tomatoes, cucumber, and feta.
3. Add all the ingredients to the bowl with the orzo, then mix well.

Notes

It can be stored in the refrigerator for up to 3 days. Do not freeze.



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