

Pesto and Tuna Orzo Salad



Discover an explosion of vibrant flavors and bright colors in our Orzo Pesto and Tuna Meal Salad. An enchanting blend of fresh and irresistible aromas that will awaken your senses with every delicious bite. Let yourself be carried away by this exquisite and nutritious culinary experience!

Preparation 15 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 365

Fat 7

Carbohydrates 44

Fibre 11

Protein 25

Sodium 305

Ingredients

- 375 ml (1 ½ cups) orzo (gluten-free version : long brown rice)
- 45 ml (3 tbsp) pesto (the [Seabiosis](#) Kombu pesto goes perfectly with the tuna)
- 2 cans 170 g (6 oz.) light tuna chunks in water, drained
- 15 ml (1 tbsp) lemon juice
- 375 ml (1 ½ cups) cherry tomatoes, cut in half

- 1 medium yellow bell pepper, diced
- 1 head romaine lettuce, torn into pieces
- Salt and pepper to taste

Preparation

1. Cook the orzo according to the instructions on the box.
2. Mix cooked orzo with pesto in a large bowl. Add remaining ingredients to bowl and mix well. Season to taste.

Notes

Store for 2 days in the refrigerator in an airtight container.



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