



More than Food

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Peach & Nectarine Orzo Salad

with Feta, Cucumber, and Basil

A few minutes under the broiler allows juicy peaches and nectarines to develop even more sweetness. Refreshing cucumber, basil, and lemon keep this salad feeling fresh and light, while whole wheat orzo provides a hearty base.



25 min



level 1



veggie



nut free



White Nectarine



Yellow Peach



Lemon



Cucumber



Red Onion



Basil



Garlic



Whole Wheat Orzo



Feta Cheese,
Crumbled

Ingredients	2 People	4 People
White Nectarine	1	2
Yellow Peach	1	2
Lemon	1	2
Cucumber	1	2
Red Onion	1	2
Basil	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Whole Wheat Orzo	1)	6 oz
Feta Cheese, Crumbled	2)	12 oz
Olive Oil*	2 T	1 C
		4 T

*Not Included

Allergens

1) Wheat

2) Dairy

Tools

Large Pot, Baking Sheet, Medium Pan, Strainer, Peeler

Ruler

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Nutrition per person Calories: 689 cal | Carbs: 112 g | Fat: 22 g | Protein: 21 g | Fiber: 18 g | Sodium: 332 mg



- Heat broiler to high or oven to 500 degrees. Bring a large pot of water to a boil with a large pinch of **salt**. Once boiling, add the **orzo** to the pot and cook 8-9 minutes, until al dente. Drain and rinse under cold water to cool.
- Prep the ingredients:** meanwhile, pick the **basil leaves** and discard the stems. Thinly slice the basil leaves. Halve the **lemon**. Peel the **cucumber** then halve lengthwise. Then scoop out the seeds with a spoon. Thinly slice the **cucumber** into half moons. Thinly slice the **garlic**. Halve, peel, and thinly slice the **onion**. Halve and pit the **nectarine** and **peach**, then dice into 1-inch cubes.
- Broil the fruit:** place the **nectarine** and **peach** on a lightly oiled baking sheet and place in the broiler or oven for 4-6 minutes, until lightly charred.
- Meanwhile, heat **1 Tablespoon olive oil** in a medium pan over medium heat. Add the **onion** to the pan and cook, tossing, 4-5 minutes, until softened. Add the **garlic** to the pan and cook another 1-2 minutes, until fragrant. Season with **salt** and **pepper**.
- Remove the pan from the heat and toss in the **orzo**, **peach**, **nectarine**, **cucumber**, **feta**, a squeeze of **lemon**, and **1 Tablespoon olive oil**. Season with **salt** and **pepper**.
- Divide the **orzo salad** between bowls and sprinkle with **basil**. Enjoy!