

Caprese Orzo Salad

Prep 15M | Cook 8M | Enjoy 20M

This pasta salad combines the flavours of caprese salad, a classic summertime favourite, with a base of hearty orzo to make it more satisfying. It can be made entirely in advance, which makes it perfect for an outdoor meal or picnic!

INGREDIENTS

- 1 cup dry orzo pasta
 - 3 tbsp balsamic vinegar
 - 5 tbsp olive oil
 - 1 tsp Dijon mustard
 - 1 clove minced garlic
 - 1 tsp pure maple syrup (or honey)
 - ½ tsp salt
 - ¼ tsp pepper
 - ¾ cup bocconcini pearls (fresh mozzarella balls)
 - 1½ cups grape tomatoes, halved
 - ¼ cup thinly sliced fresh basil
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DIRECTIONS

1. Cook orzo in a pot of boiling salted water until al dente (tender, but slightly firm). Drain and set aside. Do not rinse. Allow to cool completely.
 2. In a small bowl, whisk together balsamic vinegar, oil, mustard, garlic, maple syrup, salt and pepper. Set aside.
 3. In a large bowl, combine cooked orzo, bocconcini pearls, tomatoes and basil. Drizzle with vinaigrette and stir to break up pasta if stuck together. Stir to coat with vinaigrette.
 4. Salad may be refrigerated for up to 24 hours before serving. Enjoy!
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NUTRITIONAL FACTS

Serves 5

Nutritional analysis per serving: 286 calories, 16 g fat, 6 g protein, 31 g carbohydrate (29 g available carbohydrate), 2 g fibre, 266 mg sodium