

DSAT Virtual Cooking Class
Monday, March 16
Orzo Pasta Salad

Ingredients:

2 cups orzo pasta (boil in a large pot of water with tablespoon of salt for about 8 minutes) 1/2 bunch of parsley chopped
1/2 bunch of kale deveined and chopped
2 cups of tomatoes chopped
1 cup of feta cheese crumbled
1 red pepper sliced and chopped

Dressing:

2 tablespoons of tahini
1 -2 tablespoons of vinegar or lemon juice (adjust to suit your tastes)
2 cloves of garlic
2 tablespoons of olive oil

Directions:

While the pasta is cooking, put the kale and parsley in the bowl. Add the hot, drained noodles onto the parsley and kale (this will wilt the kale and make it a little tastier and break it down a bit). Stir.

Add the tomatoes, feta and peppers and toss.

Add the dressing and stir so it is evenly distributed.