



Easy Garden Orzo Salad

This yummy dish can be prepared in about the time it takes to boil the orzo pasta! Loaded with chicken and veggies and dressed with a creamy chia Dijon, this dinner just may become one of your favorites. Use it for any night when you're busy and don't want to spend much time on the food...but still want something colorful & good for you!

Ingredients

¾ cup uncooked orzo
1 chicken breast pre-cooked or equivalent of a rotisserie chicken
1 large tomato
¼ inch sliced round of a red onion
1 carrot
1 cup canned, rinsed black beans
large handful of fresh arugula or spinach leaves

Dressing Ingredients

¼ cup low fat plain yogurt
1 ½ tablespoons Dijon mustard
1 ½ tablespoons lemon juice
1 teaspoon honey
1 clove garlic, minced
1 tablespoon dry chia
fresh ground pepper

First, put the water on to boil for your orzo.

While you wait for the water to boil, you can make the easy dressing. In a measuring cup, mix the dressing ingredients together and set aside so that the garlic will infuse and the chia will blend the flavors.

The orzo requires 10-12 minutes to boil. Once the pasta is done, drain and set aside.

While the pasta is boiling you have the time to: shred the chicken, cut the tomato into bite size chunks, dice the onion round, cut the carrot into thin rounds, toss in your greens of choice and rinse the black beans.

As all the ingredients are prepared, place them into a large bowl. Dump the cooked orzo on top of your nearly prepared dinner salad, and dress with the creamy yogurt chia Dijon dressing. How fast was that? This recipe makes 2 dinners and perhaps enough for a lunch.

This can be a mood boosting meal!

Colorful meals have been studied to be more appetizing and more pleasing to eat, than one or two colored dishes. If you're enjoying a meal, you're more likely to savor the flavors, eating more slowly and giving your stomach a chance to send the appropriate 'fullness signals' to the brain.

Folate (found in almost all of the leafy greens!) is known to release mood boosting chemicals in the brain as well.

Did You Know....