



Fall Harvest Orzo Salad

Fall for the flavor! Diced apples, dried cranberries, almonds, pepper, basil and blue cheese make this orzo salad sweet, savory and hearty.

Serves 8 (1 serving = ½ cup)



Ingredients

- 4 cups cooked orzo, chilled (about 1²/₃ cups dried orzo)
- 1 cup dried cranberries
- 2 cups fresh apples, diced
- ¼ cup extra-virgin olive oil
- ¼ cup fresh lemon juice
- ½ teaspoon freshly ground black pepper
- 2 tablespoons fresh basil, chopped
- ½ cup crumbled blue cheese
- ¼ cup blanched almonds, chopped

Nutrition Per Serving

Calories	289 cal	Carbohydrates	41 g
Total Fat	12 g	Protein	6 g
Saturated Fat	3 g	Phosphorus	94 mg
Trans Fat	0 g	Potassium	127 mg
Cholesterol	6 mg	Dietary Fiber	3 g
Sodium	100 mg	Calcium	65 mg

Directions

1. In a medium-size bowl, add all the ingredients except blue cheese and almonds, gently combining until well incorporated.
2. Transfer the mixture to a serving dish, sprinkle with the crumbled blue cheese and almonds and serve.

Recipe provided by Fresenius Kidney Care.