

VitaMin

Vital health information in a minute



Photo: John Autry

ORZO SALAD WITH SPICY BUTTERMILK DRESSING

Yield: 4 servings (serving size: 1 3/4 cups orzo mixture, 2 avocado wedges, 3/4 teaspoon cilantro, and 3/4 teaspoon parsley)
Total: 30 minutes

Ingredients

- 1 cup uncooked orzo
- 1 cup frozen whole-kernel corn, thawed and drained
- 12 cherry tomatoes, quartered
- 3 green onions, sliced
- 1 (15-ounce) can black beans, rinsed and drained
- 1/4 cup low-fat buttermilk
- 3 tablespoons chopped fresh cilantro, divided
- 3 tablespoons fresh lime juice
- 2 tablespoons light sour cream
- 2 tablespoons canola mayonnaise
- 1 teaspoon chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground red pepper
- 2 garlic cloves, crushed
- 1 peeled avocado, cut into 8 wedges
- 1 tablespoon chopped fresh parsley

Preparation

1. Cook orzo according to package directions, omitting salt and fat. Drain and rinse; drain well. Place orzo, corn and next 3 ingredients (through beans) in a large bowl; toss.
2. Combine buttermilk, 2 tablespoons cilantro, and next 8 ingredients (through garlic) in a small bowl, stirring well with a whisk. Drizzle over orzo mixture; toss. Top with avocado; garnish with remaining cilantro and parsley.

Nutritional Information

Amount per serving

- Calories: 424
- Fat: 15.3 g
- Saturated fat: 2.3 g
- Monounsaturated fat: 8.4 g
- Polyunsaturated fat: 2.7 g
- Protein: 12.7 g
- Carbohydrate: 63.8 g
- Fiber: 10.1 g
- Cholesterol: 6 mg
- Iron: 1.8 mg
- Sodium: 607 mg
- Calcium: 80 mg

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