

## Tips & Techniques

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This salad is a starting point for lots of flavor combinations. Use what's fresh & seasonal!

Kids of all ages can easily & safely cut herbs with scissors. Use any clean pair that fits their hands well.

This salad stores well in a sealed container for 3-5 days so it's perfect to make ahead for lunch!

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# Orzo Salad



## Skill It Recipe

Serves: 4-8 portions

★ = adult may help here

### Ingredients for Salad

- 1 lb Orzo Pasta
- 1 pint Cherry or Grape Tomatoes
- 2 Yellow Peppers
- 1 bunch Fresh Parsley or Basil
- 8 oz Fresh Spinach
- 6 oz Feta Cheese
- 1 Lemon (zest only)

### Ingredients for Dressing

- ½ c. Olive Oil
- ½ c. Red Wine Vinegar
- 1 T. Dijon Mustard
- 1 Lemon (juice only)
- ½ tsp. Garlic Powder
- ¼ tsp. Salt

### Directions

- 1 Bring large pot of generously salted water to boil,\* add orzo, and cook to recommended time on package. Drain in colander, toss lightly in olive oil, and set aside.
- 2 Wash & cut all veggies and herbs into your largest mixing or salad bowl. Slice peppers\* and have little hands cut with scissors into bite-size pieces. Halve the tomatoes, cut parsley or basil with scissors, wash & de-stem spinach, and zest the peel of the lemon with a small, hand-held grater.
- 3 Add all ingredients for dressing into a small jar, close lid tightly and shake until well combined. Mix pasta in with vegetables, add dressing, and crumble feta cheese into bowl as well. Toss with a large spoon until everything is mixed well and dressing has coated ingredients evenly.
- 4 Serve and Enjoy!

**Suggested pairings:** grilled fish or chicken and a green salad or vegetable.  
Also delicious with lamb!

# Lunchbox Love Notes

Print & cut out these notes and tuck them in with a sandwich, tape them to a bag of chips, or a special treat to make someone's day a little brighter.

i think  
you are a  
superstar

I am proud of you because

YOU  
are my sunshine

hugs & kisses

Smile!  
Because I love  
you bunches!

I put something  
special in your  
lunch today  
I hope you like it!

today after school how about we

you  
are the apple of  
my eye