



What's On My Plate?

Shrimp Feta & Orzo Salad

Ingredients, Serves 2

1 garlic clove, minced
3/4 tbsp. fresh lemon juice
2 tbsp. olive oil
1 1/2 tsp. minced fresh oregano
Salt and freshly ground pepper
1/2 lb. medium shrimp (about 18), shelled and deveined
3/4 cup orzo
1/3 cup crumbled feta (about 2 oz.)
1 medium tomato (as long as they are not infected w/ salmonella. Oh no!)
3 scallions, sliced
1/2 cup frshly chopped Italian (flat leaf) parsley
1 cup baby greens

Dressing

1 garlic clove, chopped
2 tbsp. fresh lemon juice
1/4 cup fresh flat leaf parsley
2 tsp. minced fresh oregano
Freshly ground pepper to taste
1/4 cup olive oil

Directions:

1. In a bowl, whisk together garlic, lemon juice, olive oil, oregano, salt and pepper to taste. Add shrimp to the marinade and coat well. Marinate shrimp covered in the fridge for 1 hour. Prepare your grill or grill pan (I used my George Foreman)
 2. Cook orzo according to the package instructions. Drain and transfer to a large bowl to let it cool. (Tip: Drizzle with a little olive oil and stir to keep the little noodles from sticking together).
 3. For the dressing, combine all six ingredients in a blender and blend until emulsified.
 4. When orzo is cool, add tomato, scallions and parsley leaves. Add the dressing to taste and toss well. Season with salt and pepper. Add feta cheese and toss.
 5. Remove the shrimp from the marinade; discard marinade. Grill shrimp until cooked through, about 2-3 minutes.
 6. Remove shrimp from the grill and toss gently with the orzo mixture.
 7. Line salad bowls with baby greens and fill with your orzo salad.
- YUMMY! Super easy to make and quite tasty.
Rating: I give this recipe 3.5 out of 5 stars.