



## Broccoli Strawberry Orzo Salad

**Makes:** 6 Servings

**Prep time:** 15 minutes

Fresh broccoli and strawberries are colorful additions to this refreshing summer delight. Lemon dressing brings a bright flavor to this pasta dish.



### Ingredients

- 3/4 cup orzo pasta (uncooked)
- 2 cups fresh broccoli (chopped)
- 2 cups fresh strawberries (diced)
- 1/4 cup sunflower seeds
- Lemon Poppy Seed Dressing:
  - 1 tablespoon lemon juice (fresh or bottled)
  - 2 tablespoons apple cider vinegar
  - 2 tablespoons olive oil
  - 1 teaspoon sugar (or honey)
  - poppy seeds (1 teaspoon, optional)

### Directions

1. Cook orzo pasta according to directions. Drain and rinse with cold water.
2. In a large bowl, combine orzo pasta, broccoli, strawberries, and sunflower seeds. Drizzle with lemon poppy seed vinaigrette and toss to combine.
3. Season with salt and pepper. Chill in refrigerator until ready to serve.

### Notes

Learn more about:

- [Broccoli](#)
- [Strawberries](#)

**Source:** South Haven Health System - Community Fit!

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>153</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>31 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	1 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 mcg
Calcium	29 mg
Iron	1 mg
Potassium	243 mg

N/A - data is not available

### MyPlate Food Groups

 Fruits	1/2 cup
 Vegetables	1/4 cup
 Grains	1/2 ounce
 Protein Foods	1/2 ounce

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