

GRILLED SHRIMP AND CORN ORZO SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 6 (Serving= 1 cup orzo with 5 shrimp)

Nutrition (per serving)

Calories: 318

Total Fat: 12 g

Saturated Fat: 3 g

Sodium: 399 mg

Total Carbohydrate: 35 g

Dietary Fiber: 4 g

Protein: 20 g



Ingredients

- 1 cup orzo, uncooked (choose rice or gluten free pasta for GF version)
- 2 medium ears sweet corn, shucked
- 30 jumbo shrimp, peeled & deveined
- ½ pint cherry or grape tomatoes, halved

Vinaigrette:

- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon honey
- 2 Tablespoons fresh lime juice

- 1 avocado, chopped
- ¼ cup red onion, finely chopped
- 3 Tablespoons fresh cilantro, chopped
- 1/3 cup feta cheese

- ¼ teaspoon chili powder
- Salt and pepper to taste



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Directions

1. Cook orzo in a large pot of boiling water for 7-9 minutes until al dente. Drain and rinse under cold water. Set aside.
2. On medium-high heat, grill corn cobs for 5-6 minutes, rotating every minute to evenly char on all sides. Let cool slightly, then cut kernels off of the cob into a large bowl.
3. Place shrimp on water-soaked wooden kebabs. Spray shrimp and grill with cooking spray to prevent sticking. Grill for about 2-3 minutes each side or until shrimp turns pink.
4. In the large bowl with the corn, add the cooked orzo, shrimp, tomatoes, avocado, red onion, cilantro and feta cheese. Mix to combine.
5. Whisk all vinaigrette ingredients together in a small bowl.
6. Pour dressing over salad and toss to coat. Serve immediately or chilled.