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# asparagus & edamame orzo salad

A small pasta gets huge flavor in this delicious, healthy and super simple Asparagus and Edamame Orzo Salad in which tender orzo is combined with crunchy asparagus, protein-packed edamame, intense sun-dried tomatoes, freshly grated parmesan, basil and garlic.

SERVES: 4



julie albert & lisa gnat

## ingredients

- 1 cup orzo pasta
- 1 bunch asparagus, about 20 spears
- 3/4 cup frozen shelled edamame
- 3 tbsp olive oil
- 3 tbsp freshly grated parmesan cheese
- 1/4 cup oil-packed sun-dried tomatoes, rinsed, drained and thinly sliced
- 1 tbsp chopped fresh basil
- 1 small garlic clove, minced
- 1/4 tsp kosher salt
- 1/4 tsp freshly ground black pepper
  
- Freshly grated parmesan cheese, for serving

## directions

1. In a medium saucepan, cook orzo in lightly salted boiling water for 10 minutes, or until tender. Drain well and place in a large bowl.
  
2. For asparagus and edamame, bring a medium pot of water to boil. Add both the asparagus and edamame, turn heat to low and cook 2 minutes. Drain and immediately plunge into a bowl of cold water. Drain and dry asparagus and edamame well. Cut each spear into 3 pieces and add both to the orzo. Add olive oil, Parmesan, sun-dried tomatoes, basil, garlic, salt and pepper, tossing well to coat. Cover and let stand at room temperature until ready to serve. Top each serving with Parmesan cheese.

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