

Baby Spinach & Roasted Corn, Orzo Salad with Lime & Fresh Basil

Ingredients

- 1 cup baby spinach
- 2 medium ears of corn
- 4 Tbsp. extra-virgin olive oil,
- Pinch of Kosher salt (for the corn)
- Pinch of freshly ground pepper (for the corn)
- ½ tsp. Kosher salt (¼ tsp. for the cooking water & ¼ tsp. for the final dish)
- ¼ tsp. freshly ground black pepper
- 1 cup dried orzo
- 2 qts. of water
- ½ cup finely chopped fresh basil (or use a kitchen scissors to finely cut)
- 1 Tbsp. fresh lime juice
- ¼ tsp. hot sauce

Servings: 4

Method

1. Brush the corn with 1 Tbsp. of oil, season with a pinch of salt and pepper.
2. Roast the corn on a baking sheet for approximately 20 minutes at 375 degrees F, until lightly charred.
3. Bring 2 qts of water to a boil in a large pot. Add ¼ tsp. of kosher salt to the pot.
4. Cook the orzo at a high simmer for 8 – 10 minutes. The pasta should be cooked through with a light bite to it.
5. Drain and transfer to a medium bowl.
6. Cut the corn kernels off the cobs once cooked.
7. Stir the kernels into the orzo, along with the spinach, basil, 3 Tbs. of oil, the lime juice, ½ tsp. salt, and finally the hot sauce.

Calories 230; Fat 11g; Sodium 220 mg.

