



**T & A M F O U R**  
F O O D S E R V I C E



## **Orzo and Wild rice salad with crunchy vegetables**

Yield: 10 servings

### *Ingredients:*

1 ¼ box orzo  
3 cups cooked wild rice  
1 ½ cups, celery, small diced  
1 ½ cups, carrots, small diced  
1 ¼ cups, Vidalia onion, diced 5 Tbsp, lemon Juice  
6 Tbsp, Extra virgin olive oil  
½ Cup, pomegranate seeds  
¾ cup Micro greens  
Salt and pepper to taste

### *Directions:*

1. Cook the orzo and wild rice separately according to the directions, drain and cool down.
2. Meanwhile saute the onion over medium-high heat for two minutes, add carrots , saute one more minute, season with salt and pepper and cool down as quick as possible.
3. Toss all veggies with rice, pasta, olive oil and lemon.
4. Top with pomegranate and micro greens before serving.

Recipe and photo courtesy of Barilla