



Orzo Salad with Kale and Edamame 8 servings

This is an easy recipe with lots of little steps. It's best eaten at room temperature and it's even better the next day!

Anticancer Phytonutrients Found in this recipe.....

Beta-carotene, Lutein (Zeaxanthin), Lycopene, Allyl sulfides, Quercetin, Chlorophyll, Genistein, Daidzein, Glucosinolates, Sulfur compounds

Possible Medicinal Benefits of this Recipe.....

This recipe offers a wide range of phytonutrients and is also high in calcium and magnesium...both are needed to support bone growth

Ingredients

For pesto:

- 6 tablespoons extra virgin olive oil
- 1 big bunch of fresh basil, washed and thick stems discarded
- 1 clove garlic, roughly chopped
- ¼ cup real, grated parmigiano cheese

For the rest:

- 2 yellow squash
- ½-1 bunch kale
- ½-1 pound fresh edamame or 1 bag frozen and shelled edamame
- ½ pound orzo pasta
- extra virgin olive oil, as needed
- 1 large white onion
- 1 clove garlic, minced

Procedure

To make pesto: blend all the ingredients together in food processor or blender until you get a smooth consistency. If it's too thick, add a bit more olive oil. Set aside.

Now, get a big serving bowl ready and as each ingredient is ready, simply add it to this bowl.

1. To make squash: Cut the squash into thin slices (long or round). Toss with some olive oil, salt and pepper and cook in a 350 degree oven for about 15-20 minutes or until it's tender and a bit browned. When done, put in bowl.
2. Get a big pot of well-salted water up to boil. Add kale and boil for seven to ten minutes, or until it's tender. Remove with a slotted spoon and set aside.
3. To the same water, add the edamame and cook for three minutes. Remove with a slotted spoon and set aside.
4. Add orzo to the same water and cook according to length of time specified on the box. Strain, reserving about ½ cup of the cooking liquid. Mix the cooking liquid with the pesto. Toss half of the pesto mixture with the orzo, and add it to the serving bowl.
5. In a large sauté pan, heat 2 tablespoons olive oil and sauté onions with some salt until they are lightly browned, about 7 minutes. Add them to the bowl.

6. In the same pan, sauté garlic in a tablespoon of olive oil. Add kale and edamame and season with salt and pepper. Cook for two minutes or so. Add to the bowl.
7. Finally, add the last bit of pesto mixture to the bowl and toss all together. Adjust seasonings and enjoy this incredibly nutritious meal!

Basic Nutrition Profile for One Serving (1 cup)....

Kcal	248 kcal
Protein	13 grams
Carbohydrate	33 grams
Fat	8 grams
Saturated Fat	1 grams
Monounsaturated Fat	0 grams
Polyunsaturated Fat	2 grams
Fiber	5 grams

This recipe is a great source of.....

Vitamin A	2710 international units
Potassium	580 milligrams
Calcium	141 milligrams
Folate	147 milligrams
Magnesium	66 milligrams
Selenium	19 micrograms
Niacin	3 milligrams
Vitamin K	2 micrograms