

ZONE DIET RECIPES



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Spinach PastaRx Orzo Side Salad with Lemon Vinaigrette

100 CALORIES

3g FAT

12 SERVINGS

RECIPE NOTES

[Food Blocks](#) to learn Zone friendly proteins, carbs and fats.

[Body Fat Calculator](#) to assess your protein needs and get your body fat %.

INGREDIENTS

1 cup	Zone PastaRx Orzo	1/4 cup	fresh-squeezed lemon juice
2 (10 oz)	box frozen chopped spinach - thawed, water squeezed out	6 Tbsp	water - (reserved pasta water)
2	tomato - diced	1 Tbsp	extra virgin olive oil
2 cup	cucumbers - diced	1 tsp	garlic powder
1 (4 oz)	can black olives - chopped	1/2 tsp	salt and pepper

INSTRUCTIONS

1. Prepare Zone PastaRx Orzo according to package directions. Reserve 1/2 cup of liquid and drain. Set both aside to cool.
2. In a small bowl, make your dressing. Whisk the lemon juice, reserved pasta water, olive oil, garlic powder, salt and pepper. Pour onto the salad and toss to coat.
3. In a large bowl, combine the thawed, squeezed spinach, tomatoes, cucumbers, black olives and cooled Zone PastaRx Orzo.
4. Pour dressing onto the salad and toss to coat. Add more reserved pasta water if desired, and season to taste.

NUTRITIONAL FACTS PER SERVING (DAILY VALUE):

Calories 100kcal; Protein 7g (14%); Total Fat 3g (5%)(Sat. 0g (0%)); Chol. 0mg (0%); Carb. 11g (4%); Fiber 2g (9%); Sugars 2g; Calcium 60mg (6%); Iron 2mg (9%); Sodium 275mg (11%); Vit. C 18mg (30%); Vit. A 4600IU (92%); Trans fat 0g



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