

# Orzo Salad with Chickpeas & Artichoke Hearts

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## INGREDIENTS

- 1/2 cup orzo, or other tiny pasta
- 1 1/2 teaspoons extra-virgin olive oil
- 1 clove garlic, crushed and peeled
- 1/8 teaspoon salt
- 1 1/2 tablespoons lemon juice
- 1/8 teaspoon freshly ground pepper
- 1 14-ounce can artichoke hearts, drained and chopped
- 1 7-ounce can chickpeas, rinsed
- 1/3 cup crumbled feta cheese
- 2 tablespoons chopped fresh dill
- 1 1/2 tablespoons chopped fresh mint
- 1 large tomato, chopped
- 2 cups baby spinach leaves

## PREPARATION

Bring a small saucepan of water to a boil. Cook orzo until just tender, about 9 minutes, or according to package directions. Drain and rinse under cold water until cool. Press to remove excess water. Transfer to a medium bowl and toss with oil.

Mash garlic and salt into a paste with the back of a spoon in a medium bowl. Whisk in lemon juice and pepper. Add the cooked orzo, artichokes, chickpeas, feta, dill and mint; toss gently to combine. Add tomatoes and toss again. Divide spinach between 2 plates and top with the salad.