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Sausage and Warm Orzo Salad

with Zucchini, Bell Pepper, and Tomatoes

Orzo is the perfect shape for pasta salads. In this dish, orzo is tossed with browned Italian sausage and a colorful medley of veggies for a gorgeous presentation. We've finished it with parsley and a squeeze of lemon to brighten the flavors.



Sweet Italian Sausage



Orzo



Zucchini



Red Bell Peppers



Garlic



Red Onion



Grape Tomatoes



Carrots



Parsley



Lemon

Ingredients

	4 People
Sweet Italian Sausage	18 oz
Orzo	12 oz
Zucchini	2
Red Bell Peppers	2
Garlic	4 cloves
Red Onion	2
Grape Tomatoes	8 oz
Carrots	2
Parsley	¼ oz
Lemon	1
Olive Oil*	4 t

*Not Included

Allergens

1) Wheat

Tools

Medium Pot, Large Pan, Vegetable Peeler, Stainer

Ruler

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Nutrition per person Calories: 798 cal | Fat: 32 g | Sat. Fat: 10 g | Protein: 37 g | Carbs: 96 g | Sugar: 19 g | Sodium: 758 mg | Fiber: 13 g

Make sure to wash and dry produce before prepping or cooking!



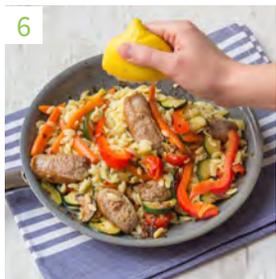
1 Prep the ingredients: Bring a medium pot of **water** with a large pinch of **salt** to a boil. Finely chop the **parsley**. Mince or grate the **garlic**. Halve, peel, and finely chop **2 cups red onion**. Peel the **carrots** then cut into 3-inch matchsticks. Halve the **grape tomatoes**. Halve the **zucchini** lengthwise, then slice it into ¼-inch half-moons. Core, seed, and remove the white ribs from the **bell pepper**, then thinly slice. Cut the **lemon** into wedges.



2 Cook the sausages: Heat a large drizzle of **oil** in a large pan over medium-high heat. Add the **sausages** to the pan and cook, rotating occasionally, for about 6 minutes, or until cooked through. Remove them from the pan, cut into ½-inch slices on the diagonal, and then return to the pan. Cook, tossing, for another 1-2 minutes, until browned. Remove from the pan and set aside.



3 Heat another large drizzle of **oil** in the same pan over medium heat. Add the **onion, carrot, and zucchini** to the pan and cook, tossing for 5-6 minutes, until softened. Season with **salt and pepper**.



4 Cook the orzo: Meanwhile, add the **orzo** to the boiling water and cook for 7-9 minutes, until al dente. Drain, reserving ¼ cup **pasta water**.

5 Add the **bell peppers and garlic** to the rest of the veggies and cook, tossing, for 4-5 minutes, until softened. Add the **tomatoes** and cook for 1-2 minutes, until softened. Season with **salt and pepper**.

6 Finish and plate: Toss the **orzo and sausage** into the pan with the veggies. Toss with a squeeze of **lemon** and a splash of **pasta water** (if necessary). Season with **salt and pepper**. Divide between plates, garnish with **parsley**, and enjoy!