

Black Bean and Orzo Salad

From Sarah Galbraith

This is a very tasty and versatile salad to which you can add sliced chicken or turkey breast, sliced tenderloin of beef, shrimp meat, or crumbled bacon for added interest.

Ingredients:

Serves 6-8

For the dressing:

3 tablespoons fresh lime juice

1-1/2 tablespoons white wine vinegar

2 large garlic cloves, minced and mashed into a paste with 1/2 teaspoon salt

1 to 2 fresh jalapeno chilies, seeded and chopped

1-1/2 teaspoons ground cumin

2/3 cup olive oil

For the salad:

1/2 pound (about 1-1/4 cups) orzo

1 red bell pepper chopped fine

1 yellow bell pepper chopped fine

2 bunches green onions finely sliced

2 – 15oz. cans black beans, drained

1/3 cup finely chopped fresh coriander

Shredded romaine for lining the platter

2 avocados, diced

Preparation:

Make the dressing: In a food processor blend together the lime juice, vinegar, garlic paste, jalapenos to taste, cumin, and salt and pepper until the mixture is smooth. With the motor running add the oil in a stream, and blend the dressing until it is emulsified.

In a large saucepan of salted boiling water cook the orzo until it is al dente, drain it in a colander, and rinse it under cold water. Let the orzo cool and in a large bowl toss it together with the bell peppers, onion, beans, coriander, and dressing. Arrange the romaine on a large platter, spoon the salad over it and scatter the avocados, diced, on top.