

## **HERBED SWEET CORN AND ORZO SALAD**

**MAKES ABOUT 7 CUPS**

**STEPHANIE WITT SEDGWICK, WASHINGTON POST**

### Ingredients:

- 8 ounces dried orzo pasta
- 8 ounces garbanzos, drained and rinsed
- 2 cups yellow corn kernels (from 4 ears)
- 1/4 cup finely diced scallions (from 2 scallions), white and light-green parts
- 1 medium red or orange bell pepper, cut into 1/4-inch dice (about 1 cup)
- 1/4 cup loosely packed herbs, such as parsley, dill, oregano and/or basil
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons sherry wine vinegar
- Salt
- Freshly ground black pepper

### Directions:

- 1) Bring a large pot of salted water to a boil over high heat.
- 2) Cut the kernels from the corn cobs.
- 3) Add the orzo and corn to the boiling water and cook for 7 minutes.
- 4) Drain and rinse the orzo and corn with cold water until it is completely cool.
- 5) Harvest, wash and snip the herbs with scissors.
- 6) Mix the herbs, olive oil, vinegar, salt and pepper in a large bowl.
- 7) Cut the bell pepper and scallions into small pieces.
- 8) Rinse and drain the garbanzo beans.
- 9) In a large bowl, combine the orzo, garbanzos, corn, scallions, bell pepper, herbs, oil and vinegar. Add salt and pepper to taste.
- 10) Serve immediately, or cover and refrigerate. Allow the salad to come to room temperature before serving.

**Materials:** extension cord, electric stove, large pot for boiling water, strainer, 3 cutting boards, 3 knives, scissors, compost bucket, measuring spoon, measuring cups, can opener, large bowl, mixing spoon, compost buckets

**Spices:** olive oil, vinegar, salt and pepper