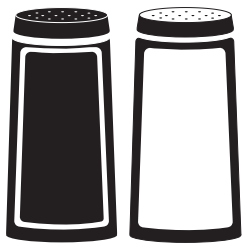
Whole-Wheat Orzo & Tuna Salad with Broccoli

Source: eatingwell

This pasta-and-tuna-salad mashup gets a boost of color and texture from broccoli. Plenty of Kalamata olives add a briny bite. Be sure to monitor the pasta-cooking carefully, as orzo can go from al dente to mush in a minute.

SERVINGS: 8 PREPPING TIME: 30 MIN COOKING TIME: 40 MIN

Ingredients



- 2 cups whole-wheat orzo
- Zest and juice of 1 large lemon
- 1/4 cup extra-virgin olive oil
- 1/2 teaspoon ground pepper
- 1/4 teaspoon kosher salt
- 4 cups finely chopped broccoli (14 ounces)
- 2 (5 ounce) cans tuna in olive oil, drained and flaked
- 1 cup sliced pitted Kalamata olives
- 1 tablespoon chopped fresh oregano

Nutrition Facts	
8 Servings **Serving Size**	**1 of recipe**
Amount per serving **Calories**	**345**
Total Fat Saturated Fat	1.6g 1.6g
Cholesterol	6.4mg
Sodium	504.5mg
Total Carbohydrates Dietary Fiber Total Sugars	34.1g 8.1g 1g
Protein	17.2g
Potassium	248.6mg

Directions

1 **Prep** Bring a large saucepan of water to a boil over high heat. Add orzo and cook, stirring occasionally, until just al dente, 5 to 7 minutes. Drain and rinse under cold water until cool.

2 **Whisk** Meanwhile, whisk lemon zest and juice, oil pepper and salt in a large bowl.

3 **Mix** Add the orzo, broccoli, tuna, olives and oregano to the dressing; stir to combine.

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