Salads and Soups I



Light Lemon Orzo Salad HARVEST MANOR FARMS

1 cup orzo

1 tablespoon good-quality olive oil

2 tablespoons fresh lemon juice, divided

1/2 cup grape or cherry tomatoes cut in half

1/4 cup diced dried apricots

1/3 cup crumbled feta cheese

1/4 cup finely minced fresh parsley

1/3 cup lightly crushed Kirkland Signature roasted and salted cashews

1/4 teaspoon salt

1/2 teaspoon freshly ground pepper

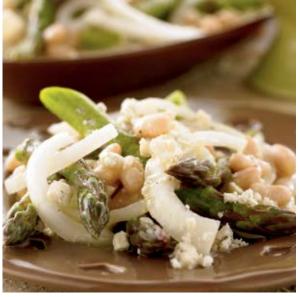
2 tablespoons whole Kirkland Signature roasted and salted cashews, for garnish

- **1.** Cook orzo according to package directions. Rinse immediately in cold water and drain well.
- 2. Place orzo in a large bowl and toss with olive oil and 1 tablespoon lemon juice.
- 3. Add tomatoes, apricots, feta, parsley, crushed cashews, salt and pepper.
- 4. Toss and add remaining lemon juice.
- **5**. Pour into a serving dish and garnish with whole cashews. Serve immediately. Makes 6 servings.

Tip: The salad can be made up to 2 hours ahead and stored, covered, in the refrigerator. Reserve the chopped and whole cashews until ready to serve.







Sweet Onion and Asparagus Salad KEYSTONE

1-1 1/2 pounds fresh asparagus

1 Mayan Certified* Sweet Onion (or Terra Sweet or Walla Walla Sweet Onion)

1 14- to 16-ounce can cannellini beans, drained

2 tablespoons extra-virgin olive oil

2 tablespoons cider vinegar, or more to taste

Juice of 1/2 lemon, or more to taste

2 ounces blue cheese, crumbled

Salt and pepper to taste

1. Blanch asparagus for 1 minute in a large pot of boiling water. Place in an ice bath to cool; remove and dry.

- 2. Cut onion in half and then slice.
- 3. Combine all ingredients in a large bowl and toss.
- 4. Serve on a platter. Makes 6 servings.
- * Brands may vary by region; substitute a similar product.

