

Orzo Pasta Salad with Tomatoes and Capers

This chilled pasta salad is a great way to keep cool on a hot day. This delicious side dish tastes even better after the flavours have a chance to mingle, so make it a day or two in advance to take to your next picnic or casual get-together.

Ingredients:

2 T. olive oil
3 cloves garlic, peeled and finely minced
1 large or 2 medium tomatoes, washed and chopped, seeds and excess liquid discarded
1 $\frac{1}{2}$ c. dried orzo, cooked according to package directions and cooled
2 T. capers
1 T. caper liquid
1 T. fresh lemon juice
1 T. fresh thyme, stems removed and chopped
1 T. fresh parsley, stems removed and chopped
Salt and pepper, to taste

Directions:

Add olive oil and minced garlic to a cold skillet and turn heat to medium high. Sauté for 2 minutes, then add tomatoes and cook for an additional 2-3 minutes (until tomatoes become soft). Remove from heat and set aside.

In a large bowl, combine the cooked orzo, capers and liquid, lemon juice, thyme and parsley with the tomato and garlic mixture. Toss until thoroughly combined. Season with salt and pepper, to taste.

Cover and refrigerate for at least one hour or overnight. Stir and serve chilled with grilled chicken breasts or your

favourite main dish.

Note: *Orzo is a form of short-cut pasta, shaped like a large grain of rice.*