

Creamy Orzo Veggie Salad

Ingredients	
1 pound	Orzo
1/2 cup	Balsamic vinegar
1 cup	Mayonnaise
1/2 pound	Italian Roast beef, sliced thin
1/2 pound	Provolone, sliced
4	Green onions, sliced
1 small	Zucchini, julienned
3/4 cup	Button mushrooms, quartered

Ingredients	
7 ounces	Marinated artichoke hearts, chopped
12	Marinated asparagus spears, chopped
6	Marinated baby corn, chopped
1/2 cup	Black olives, sliced
4 small	Ripe tomatoes, diced
1 large	Avocado, diced
1 teaspoon	Kosher salt

1. Cook orzo in 4 quarts of generously salted water in a large pot. Cook until al dente - about 10 minutes. When done, drain in a colander, rinsing with cold water until cool, then drain. Transfer to a large bowl.
2. Immediately toss pasta with Balsamic vinegar and mayonnaise. Make sure all of the pasta gets coated with this mixture.
3. Dice Italian Roast beef and provolone, add to orzo mixture.
4. Add julienned zucchini, sliced green onions, and quartered button mushrooms. Mix thoroughly.
5. Add marinated artichoke hearts, asparagus spears, baby corn, and olives. Mix thoroughly.
6. Add diced tomatoes, avocado, and kosher salt. Mix thoroughly.
7. Cover and refrigerate. Ideally, this should rest for several hours before serving. When you remove it from the refrigerator, if it has soaked up too much of the liquid - add a little more Balsamic vinegar and mayonnaise, or alternatively, another juicy diced tomato.
8. Enjoy!

Notes:

This salad is just as flexible as can be - and can include the vegetables that **you** enjoy. There are very few seasonings because the Italian roast beef and marinated vegetables bring quite a lot of flavor.

Orzo is a great little pasta with quite a protein punch! 6 grams of protein in a 1/3 cup serving. Not bad!