



**Makes 6 cups**  
**Preparation Time: 20 minutes**  
**Cook Time: 10 minutes**

#### INGREDIENTS:

1 cup dry whole wheat orzo

Ribs from 1 bunch kale, cut into  
¾-inch pieces (about 1 cup)

1 cup chopped orange bell  
pepper

½ cup quartered artichoke  
hearts

2 tablespoons thinly sliced  
shallot

2 tablespoons finely chopped  
sun-dried tomatoes (not oil-  
packed)

2 tablespoons nutritional yeast

2 tablespoons pine nuts

2 tablespoons white wine  
vinegar

1 tablespoons finely chopped  
fresh basil

½ teaspoon garlic powder

Pinch freshly ground black  
pepper

Sea salt, to taste

## Orzo Salad with Kale Ribs

Kale ribs are often discarded during the cooking process because they're tougher than the tender leaves. Instead of throwing them in the bin, toss them into boiling water with some whole wheat orzo to add a subtle crunch in this colorful pasta salad. Vibrant orange bell pepper, creamy [artichoke](#) hearts, and tangy shallot transform the simple base into a garden feast that is packed with good-for-you ingredients. Nutritional yeast gives this 30-minute dish a subtle cheesiness while sun-dried tomatoes offer bursts of rich umami flavor to round everything out. Feel free to get creative with this versatile recipe and change up the produce depending on the season. It's a great catchall meal that can [reduce food waste](#) in your kitchen by using up straggler ingredients!

For more recipes that make good use of perfectly edible kitchen scraps, check out these tasty ideas:

- [Root-to-Leaf Radish Pasta](#)
- [Beet Greens and Spinach Saag with Tofu](#)
- [The Best Broccoli Slaw](#)
- [Roasted Eggplant Gyros with Watermelon Rind Pickles](#)

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- 1 Bring a pot of water to boiling. Add orzo and kale ribs and cook according to pasta package directions. Drain. Rinse under cold water; drain well.
- 2 Transfer orzo mixture to a large bowl. Add the remaining ingredients. Mix well; taste and adjust seasoning. Serve immediately, or cover and chill 1 hour before serving.