

## Summer Corn-Tomato-Basil Orzo Salad with Shrimp

- 1 pound of orzo, cooked according to package directions
- 2 to 3 ears of fresh corn, husks and silk removed, kernels cut off of cob
- 2 tablespoons butter
- ½ teaspoon kosher salt, or to taste
- Freshly ground black pepper, to taste
- 1 pound of medium shrimp, peeled and deveined
- ¼ cup fresh basil, chopped
- 1 pint of cherry tomatoes, halved
- Parmesan cheese, for serving



1. Melt the butter over medium heat in a sauté pan and cook the corn, salt, and pepper for 7 minutes.
2. Add the shrimp and cook, stirring until pink.
3. Toss the orzo, corn and shrimp, tomatoes, and fresh basil together. Taste for salt and pepper and serve with grated Parmesan cheese, hot, cold, or at room temperature.

<b>Nutrition Facts</b>	
Serving Size 260 g	
Amount Per Serving	
<b>Calories</b> 442	Calories from Fat 67
<b>% Daily Value*</b>	
<b>Total Fat</b> 7.5g	<b>12%</b>
Saturated Fat 3.2g	<b>16%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 152mg	<b>54%</b>
<b>Sodium</b> 827mg	<b>34%</b>
<b>Potassium</b> 231mg	<b>7%</b>
<b>Total Carbohydrates</b> 65.6g	<b>22%</b>
Dietary Fiber 4.2g	<b>17%</b>
Sugars 6.7g	
<b>Protein</b> 28.6g	
Vitamin A 14%	Vitamin C 17%
Calcium 7%	Iron 33%
<b>Nutrition Grade B</b>	
* Based on a 2000 calorie diet	