

# Cranberry-Orange Orzo Salad

By [National Pasta Association](#)

## Ingredient List

- 4 oz. orzo
- 1 navel orange (about 7 oz.)
- 2 tbsp. cranberry sauce
- 2 tbsp. olive oil
- 1 tbsp. white wine vinegar
- 1 clove garlic (minced)
- ½ tsp. salt
- ¼ tsp. pepper
- Pinch chili flakes
- 4 cups/4 oz. baby arugula
- ¼ cup/1 oz. chopped toasted walnuts
- ¼ cup/1 oz. dried cranberries

This colorful pasta salad makes a tasty plant-packed side dish for your dinner table. Sweet and tangy cranberry dressing perfectly complements the orange, creating a delicious compliment to the protein of your choice to make it a full meal!

## Instructions

1. Cook pasta according to package directions. Drain and set aside.
2. Meanwhile, trim top and bottom ends of orange. Stand fruit on one of the cut ends; remove outer peel, following natural curve of fruit to remove bitter white pith. Working over a bowl to catch juices, cut between membranes to release segments; set aside.
3. Whisk together cranberry sauce, oil, 2 tbsp orange juice (from segments), vinegar, garlic, salt, pepper and chili flakes; toss with pasta.
4. Stir in arugula, orange segments, walnuts and dried cranberries.

### **Recipe Notes:**

- If you don't have a navel orange, use 2 clementine or mandarin oranges.
- Substitute pecans, pumpkin seeds or almonds for walnuts.

**VEGETARIAN** **VEGAN** **QUICK & EASY**

