K’s Kitchen: Salad hot off the barbecue

By Kathryn Reed

Salads are often an entrée in the summer, but sometimes I want something other than lettuce and fruit. That’s when the barbecue gets fired up.

With how warm it has been lately, the last thing I want to do is get the kitchen even hotter. Again, the barbecue is the answer.

This ensemble was so incredibly easy to put together. Chopping the vegetables took the most amount of time. Any variety of veggies would work, so pick your favorites. The cooking time will depend on what you choose.

The assortment I had were done pretty fast, so you will want to make sure the orzo is already on the stove. If you have a side burner on your grill, this is a great time to use it so you aren’t heating up the house.

The marinade is tangy, giving a refreshing finish.



Grilled Vegetable Orzo Salad

- 1 medium red onion, quartered
- 1 red bell pepper, seeded and quartered

- 1 yellow bell pepper, seeded and quartered
- 1 medium zucchini, cut into quarters
- 1 medium-size yellow squash, cut into quarters
- 1 portabella mushroom sliced in strips
- Olive oil cooking spray
- 10 ounces uncooked orzo
- 3 T red wine vinegar
- 3 T grated Parmesan cheese
- 2 T extra-virgin olive oil
- 2 T lemon juice
- 1 tsp kosher salt
- ½ tsp pepper

Preheat grill to at least 400 degrees.

Place vegetables on oiled grates. Cook until slightly charred. Chop vegetables into small pieces, and put in a large bowl.

Prepare orzo according to package directions for al dente; don’t use salt. Drain and rinse under cold running water; stir orzo into vegetable mixture.

Add vinegar, Parmesan, oil, lemon juice, salt, and black pepper. Pour into veggie-orzo mixture.