Orzo Salad with Corn, Green Beans, and Tomatoes

PREP AND COOK TIME: About 45 minutes

MAKES: 6 to 8 servings

NOTES: You can assemble this colorful salad through step 5 up to 1 day ahead; cover and chill. For a shortcut, you can use 3 cups of frozen corn kernels, thawed, instead of the fresh corn.

- 1 pound green beans
- 1 1/2 cups dried orzo pasta (8 oz.)
- 3 ears fresh corn (10 to 14 oz. each; see notes)
- 1/2 cup white wine vinegar
- 1/2 cup extra-virgin olive oil
- 1/2 cup minced shallots
- 2 tablespoons Dijon mustard
- 2 tablespoons minced fresh tarragon or 2 teaspoons dried tarragon
  Salt and pepper
- 2 cups cherry tomatoes (12 oz.), rinsed, stemmed, and cut in half

1. In a 5- to 6-quart pan over high heat, bring about 2 quarts water to a boil. Meanwhile, rinse green beans, trim off ends, and pull off any strings. Cut into 2- to 3-inch lengths. Add beans to boiling water and cook until barely tender to bite, 3 to 5 minutes. Drain and immerse in ice water until cold; drain well.

2. Fill same pan with 2 1/2 to 3 quarts water and bring to a boil over high heat. Add orzo and cook until barely tender to bite, 8 to 11 minutes. Drain and rinse with cold water; drain well.

3. Meanwhile, husk corn, discarding silk; rinse ears. Holding each ear upright in a large, deep bowl, cut off kernels close to the cob.

4. To make dressing: In a small bowl, whisk together vinegar, olive oil, shallots, mustard, tarragon, and salt and pepper to taste.

5. In a large, wide bowl, mix orzo with 1/2 cup of the dressing. Add more salt and pepper to taste. Spread level. Layer corn kernels, green beans, and tomatoes over pasta. Pour remaining dressing into a container. Cover and chill both salad and dressing until ready to serve.

6. Shortly before serving, pour three-fourths of the remaining dressing over salad and mix gently to blend. Add more dressing and salt and pepper to taste.

Per serving: 296 cal., 46% (135 cal.) from fat; 6.4 g protein; 15 g fat (2.1 g sat.); 36 g carbo (3.2 g fiber); 106 mg sodium; 0 mg chol. ●