

Orzo Salad with Spicy Buttermilk Dressing

1 cup uncooked orzo

1 cup frozen whole-kernel corn, thawed and drained

12 cherry tomatoes, quartered

3 green onions, sliced

1 (15-ounce) can black beans or baby lima beans, rinsed and drained

1/4 cup buttermilk

3 tablespoons chopped fresh cilantro, divided

3 tablespoons fresh lime juice

2 tablespoons light sour cream

2 tablespoons mayonnaise

1 teaspoon chili powder

1/2 teaspoon kosher salt

1/4 teaspoon black pepper

1/4 teaspoon ground red pepper, optional

1 - 2 garlic cloves, minced

1 peeled avocado, cut into 8 wedges

1 tablespoon chopped fresh parsley

Cook orzo according to package directions, omitting salt and fat. Drain and rinse; drain well. Place orzo, corn, and next 3 ingredients (through beans) in a large bowl; toss.

Combine buttermilk, 2 tablespoons cilantro, and next 8 ingredients (through garlic) in a small bowl, stirring well with a whisk. Drizzle over orzo mixture; toss. Top with avocado; garnish with remaining cilantro and parsley.