

Zucchini Bread Recipes

Orzo Pasta Salad – Quick Classic Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup orzo pasta
- [ ] 1 cup cucumber, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ red onion, thinly sliced
- [ ] ½ cup feta cheese, crumbled
- [ ] 2 tbsp fresh parsley, chopped
- [ ] 1 tbsp fresh mint, chopped

Dressing

- [ ] ¼ cup extra-virgin olive oil
- [ ] 3 tbsp lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] ½ tsp honey
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to boil, add the orzo and cook until al dente, about 8 minutes.
2. Drain the orzo and rinse under cold water until the grains are cool to the touch; set aside.
3. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, honey, salt, and pepper; let it rest for a couple of minutes.
4. In a large mixing bowl, combine the cooled orzo, cucumber, tomatoes, red onion, parsley, and mint.
5. Pour the dressing over the salad, toss gently, then fold in the feta. Taste and adjust seasoning if needed.
6. Serve immediately or chill for 20-30 minutes. Enjoy the fresh, bright flavors.

Nutrition per serving

320 kcal	10 g	35 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits for a while, you may need to add a splash more olive oil.
- For extra zing, add a pinch of sumac or a drizzle of aged balsamic.
- Feel free to swap veggies based on seasonal availability.