

Healthy Greek Pasta Salad with Orzo, Olives & Lemon Vinaigrette

? Greek Orzo Salad Recipe



TIME
20 min

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INGREDIENTS

1 cup orzo pasta
1 cup cherry tomatoes, halved
3/4 cup cucumber, diced
1/2 cup red onion, finely chopped
1/3 cup Kalamata olives, halved
3/4 cup chickpeas, rinsed and drained
1/2 cup crumbled feta cheese (optional but recommended)
2 tbsp fresh parsley or dill, chopped
Lemon Vinaigrette:
3 tbsp olive oil
1 1/2 tbsp fresh lemon juice
1 tsp Dijon mustard
1 garlic clove, minced
1/2 tsp dried oregano
Salt and black pepper to taste

DIRECTIONS

1. **Cook the Orzo:** Bring a pot of salted water to a boil. Add orzo and cook according to package instructions until al dente. Drain and rinse under cold water to stop cooking.
2. **Prep the Veggies:** While the pasta cooks, chop the cherry tomatoes, cucumber, red onion, and olives. Rinse the chickpeas and let them drain well.
3. **Mix the Dressing:** In a small bowl or jar, whisk together olive oil, lemon juice, Dijon mustard, minced garlic, oregano, salt, and pepper until smooth and emulsified.
4. **Assemble the Salad:** In a large bowl, combine cooled orzo, veggies, olives, chickpeas, feta, and herbs. Pour the vinaigrette over and toss gently to combine.
5. **Chill or Serve:** Refrigerate for 15-20 minutes if time allows-this helps the flavors meld. Serve cold or at room temperature.

TIPS FOR SUCCESS

Chop evenly : Uniform veggies ensure even flavor and texture in every bite.

Let it rest : The salad tastes even better after 30 minutes in the fridge.

Taste and tweak : Don't be shy with lemon juice or herbs if it needs a little zing. ?

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Original recipe: <https://chefmaniac.com/healthy-greek-pasta-salad-with-orzo-olives-lemon-vinaigrette/>