

Bite Spoon

Orzo Pasta Salad Recipe

Refreshingly bright orzo pasta salad with veggies and a lemon-herb vinaigrette.

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 cherry tomatoes, halved
- [ ] 1/2 cup cucumber, diced
- [ ] 1/2 cup red bell pepper, diced
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/3 cup kalamata olives, pitted and sliced
- [ ] 1/4 cup feta cheese, crumbled (optional)
- [ ] 2 tbsp fresh parsley, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp red wine vinegar
- [ ] 1 tsp honey
- [ ] 1 garlic clove, minced
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a pot of salted water to a boil, add the orzo, and cook until al dente, about 8-9 minutes; then drain and rinse under cold water to stop cooking.
2. While the orzo cools, combine the lemon juice, red wine vinegar, honey, minced garlic, olive oil, salt, and pepper in a small bowl; whisk until emulsified.
3. In a large mixing bowl, toss the cooled orzo with tomatoes, cucumber, bell pepper, red onion, olives, and parsley; pour the dressing over and gently fold to coat.
4. Sprinkle crumbled feta on top, give one last gentle toss, and let the salad rest for 10 minutes before serving.

Nutrition per serving

320 kcal	8 g	34 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra zing, add a pinch of zest from the lemon.
- For a heartier version, stir in cooked chickpeas or toasted pine nuts.
- Adjust the honey to balance acidity to your taste.