



Mediterranean Orzo Salad Recipe

Brunch, Main Dish, Side Dish • Pasta, Salad, Vegetable

Serving size: 12 | **Prep time:** 30 mins

Ingredients

16 ounces orzo
3 cups baby spinach leaves
(, gently torn into large pieces)
1 1/2 chopped red bell pepper (, about one red bell pepper)
1 cup cucumber (, diced and seeded, about one medium)
3/4 cup red onion (, diced)
5 ounces Castelvetrano green olives (, drained and halved)
5 ounces Kalamata pitted olives (, drained and halved)
7 ounces feta cheese
1/2 cup canola oil
1/4 cup olive oil
1 lemon (, juiced)

Directions

1. Bring a pot of water to a boil, season with salt, and cook the orzo for 10 minutes. Drain, rinse, and set aside to cool.
2. Transfer the cooled orzo to a large mixing bowl. Add the spinach, chopped vegetables, and olives, then crumble half of the feta cheese over the pasta.
3. In a small bowl, whisk the canola oil, olive oil, lemon juice, oregano and salt and pepper until mixed. Pour the vinaigrette over the pasta mixture and gently fold until the pasta and veggies are coated. Taste for seasoning and top with the remaining feta cheese.
4. Refrigerate for 1 hour or overnight before serving.

Notes

1 1/2 teaspoons oregano
1 teaspoon kosher salt
1 teaspoon black pepper

Substitute with chickpea orzo.

Nutrition

Amount per serving
Serving size: 0.75 cup
Calories: 356
Total Fat: 22g
Saturated Fat: 4g
Cholesterol: 15mg
Sodium: 756mg
Total Carbohydrate: 33g
Dietary Fiber: 3g
Sugars: 3g
Protein: 8g