

MICHELLE'S HEALTHY RECIPES

Greek Orzo Salad

This bright, refreshing Mediterranean pasta dish featuring orzo (a small, rice-shaped pasta) is quick and easy to prepare.

Instructions

- Cook orzo according to package directions and drain.
- Add chopped vegetables, cheese, and dressing and toss.
- Serve cold.

Dressing

- 1/3 cup olive oil
- 3 tablespoons fresh lemon juice
- 1 tablespoon minced shallots
- 2 teaspoons Dijon mustard
- 2 teaspoons honey
- Salt and pepper to taste
- 2 tablespoons fresh parsley minced

Ingredients (Serves 8)

- 8 oz uncooked orzo pasta
- 2 cups halved cherry tomatoes
- 2 cups chopped English cucumbers
- 1/2 cup thinly sliced purple onion
- 1/2 cup pitted Kalamata olives
- 1/2 cup feta cheese crumbles

Nutrition

Per 1 cup serving: 257 calories, Total fat - 13g, Total carbohydrates - 26 grams, Dietary fiber - 3 grams, Protein - 7 grams