Plate Dream

# Greek Pasta Salad – Fresh & Easy

Fresh Greek pasta salad with feta, olives, cucumber, and lemon dressing; a quick, colorful lunch.

| 15 min | 10 min | 25 min | 4 | Easy | Greek |
|---|---|---|---|---|---|
| Prep time | Cook time | Total time | Servings | Difficulty | Cuisine |

## Ingredients

### Main Ingredients

- [ ] 12 oz tri-color pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cucumber, diced
- [ ] 1/2 cup Kalamata olives, pitted and sliced
- [ ] 1 cup feta cheese, crumbled

### For the Dressing

- [ ] 1/4 cup extra-virgin olive oil
- [ ] 3 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

## Instructions

1. Boil the pasta in salted water until al dente, about 8-9 minutes; drain and rinse under cold water to stop cooking.
2. While the pasta cools, whisk together olive oil, lemon juice, zest, oregano, salt, and pepper in a large bowl.
3. Add the cucumber, tomatoes, and olives to the bowl; toss gently so the vegetables coat in the vinaigrette.
4. Fold the cooled pasta into the bowl, then sprinkle the crumbled feta over the top; give everything a final, gentle toss.
5. Serve immediately or chill for 10 minutes; garnish with extra oregano if desired.

### Nutrition per serving

| 420 kcal | 14 g | 48 g | 18 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

> **Tips & notes**
> - If you prefer a sweeter note, drizzle a teaspoon of honey into the dressing.
> - Adjust the lemon amount to suit your taste; a little extra can brighten the salad even more.
> - For a heartier version, add grilled chicken strips or chickpeas.