

Plate Dream

Orzo Pasta Salad Recipe

Fresh orzo tossed with veggies and a lemon-herb dressing; perfect for quick lunches or picnics.

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
- [ ] 1/4 cup red onion, finely chopped
- [ ] 1/3 cup fresh parsley, chopped
- [ ] 1/4 cup fresh mint, chopped
- [ ] 1/2 cup feta cheese, crumbled (optional)

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp honey
- [ ] 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.
2. Drain the orzo, rinse under cold water, and let it sit while you prepare the vegetables.
3. In a small bowl, whisk together olive oil, lemon juice, zest, honey, salt, and pepper; let it rest for a minute.
4. Combine the cooled orzo, tomatoes, cucumber, red onion, parsley, and mint in a large mixing bowl.
5. Pour the dressing over the salad, toss gently, then fold in feta cheese if using. Serve immediately or chill briefly.

Nutrition per serving

310 kcal	9 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer texture, drizzle a little extra-virgin olive oil just before serving.
- A pinch of smoked paprika adds a subtle depth without overwhelming the fresh flavors.
- For a heartier version, add grilled chicken strips or canned chickpeas.