

Summer Orzo Pasta Salad

Instructions

1. Cook the orzo according to the package. Let cool or run under cold water until cooled completely.
2. In a large mixing bowl, combine the cucumber, feta cheese, garbanzo beans, tomatoes, red onion, and chicken (optional), and gently stir to combine.
3. In a small bowl or salad dressing container, whisk together the red wine vinegar, lemon juice, honey, salt, pepper, and extra-virgin olive oil.
4. Add the orzo pasta to the vegetables and mix well. Pour half of the dressing over the salad and toss.
5. Sprinkle the basil and mint over the salad and gently toss. If serving immediately, add more dressing if needed. Otherwise, refrigerate the remaining half of the dressing and salad. Serve salad with remaining dressing when ready.

Ingredients

For the salad:

- 8 oz box orzo pasta (try whole wheat for a healthier option), cook according to the package
- 1/2 cucumber, diced
- 1/2 cup crumbled feta cheese
- 15 oz can garbanzo beans, drained and rinsed
- 2 cups cherry tomatoes, halved
- 1/2 small red onion, chopped
- 1/2 cup fresh basil leaves, chopped
- 1/4 cup fresh mint leaves, chopped
- 1 cup chicken breast, shredded (optional)

For the dressing:

- 1/3 cup red wine vinegar
- 1 lemon, juiced
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 2/3 cup extra-virgin olive oil

Grocery List

Produce

- Cherry tomatoes
- 1 red onion
- 2 bunches of basil leaves
- 1 bunch of mint leaves
- 1 lemon
- 1 cucumber

Canned Goods/Grocery

- Red wine vinegar
- Honey
- 1 can garbanzo beans
- Chicken breast (optional)

Spices

- Salt
- Freshly ground pepper
- Extra-virgin olive oil

Dairy

- Feta cheese