

Taste of Home



Greek Orzo Salad

🕒 Total Time Prep: 15 Min. + Chilling

Yield 8 Servings



✅ Test Kitchen Approved

This tart, refreshing salad is a big hit in my home. All the tasty toppings—including red onions, tomatoes, olives, feta cheese and a zesty dressing—give it extra interest. —
Judy Roberts, Las Vegas, Nevada

Ingredients

- 1 cup uncooked orzo pasta
- 6 teaspoons olive oil, divided
- 1 medium red onion, finely chopped
- 1/2 cup minced fresh parsley
- 1/3 cup red wine vinegar
- 1-1/2 teaspoons dried oregano
- 1 teaspoon salt
- 1/2 teaspoon sugar
- 1/8 teaspoon pepper
- 2 large tomatoes, seeded and chopped
- 1 medium cucumber, peeled, seeded and chopped

- 12 pitted ripe or Greek olives, halved
- 1/2 cup crumbled feta cheese

Directions

- 1 Cook orzo according to package directions; drain. In a large serving bowl, toss orzo with 2 teaspoons oil.
- 2 In another bowl, combine onion, parsley, vinegar, oregano, salt, sugar, pepper and remaining 4 tsp. oil; pour over orzo and toss to coat. Cover and refrigerate until chilled. Just before serving, gently stir in tomatoes, cucumber, olives and cheese.

Nutrition Facts

3/4 cup: 167 calories, 6g fat (1g saturated fat), 4mg cholesterol, 427mg sodium, 24g carbohydrate (3g sugars, 2g fiber), 6g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 fat.

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RECIPE CREATOR

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