



WHOLE GRAIN PASTA SALAD

INGREDIENTS

- 1½ cups of whole grain orzo (or pasta of choice)
- ½ cup of extra virgin olive oil
- 3 tbsp red wine vinegar
- ¼ cup red onion
- 1 medium garlic clove
- 1 tsp dried oregano
- 1 pint of grape tomatoes
- 1 can of chickpeas
- ½ cup of pitted Kalamata olives
- 6 oz crumbled feta
- ½ cucumber
- Parsley
- Salt & pepper

PREPARATION

1. Bring a pot of salted water to a boil. Add orzo and cook until tender. Drain and transfer to a large bowl.
2. In a separate bowl, prepare dressing by combining olive oil, vinegar, red onion, garlic, oregano, ¾ tsp salt and ½ tsp pepper.
3. Pour half the dressing on the hot orzo and then add tomatoes, chickpeas and olives. Toss well and let it cool to room temperature. Add in feta, cucumbers, herbs and remaining dressing. Toss and serve.

