

Treasure Barrel

Orzo Pasta Salad Recipe – Fresh, Easy, and Delicious

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
- [ ] 1/2 cup red bell pepper, diced
- [ ] 1/4 cup red onion, finely chopped
- [ ] 2 tbsp fresh parsley, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey (optional)
- [ ] 1 tsp Dijon mustard
- [ ] 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 minutes.
2. Drain the orzo and rinse under cold water; set aside in a large bowl.
3. In a small jar, combine olive oil, lemon juice, honey, Dijon mustard, salt, and pepper; shake well to emulsify.
4. Add the chopped tomatoes, cucumber, bell pepper, red onion, and parsley to the bowl of orzo.
5. Pour the vinaigrette over the salad, toss gently until everything is evenly coated.
6. Let the salad rest for 10 minutes; taste and adjust seasoning if needed, then serve.

Nutrition per serving

320 kcal	8 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a bit of zest, add a pinch of lemon zest to the dressing.
- For extra texture, sprinkle toasted pine nuts just before serving.
- This salad can be served chilled or at room temperature.