

Greek Spinach Orzo Salad

Fresh

spinach leaves tossed with orzo pasta, fresh tomatoes, red onion, olives, feta cheese, and a light homemade vinaigrette dressing for a colorful and flavorful side salad or lunch!

Yield:

8 servings or 12 side servings

Ingredients:

Salad Ingredients:

8 ounces dry orzo pasta

8 or 9 ounces fresh baby spinach

1 small red onion, halved and thinly sliced (or half a large one)

1 1/2 cups chopped fresh tomatoes

1 cup (or a 6-oz. jar) pitted Kalamata olives, quartered or halved

1 1/2 cups feta cheese, crumbled

1 cup of your favorite vinaigrette dressing OR use the recipe below

Vinaigrette Ingredients:

3 tablespoons lemon juice

1 tablespoon red wine vinegar

2 tablespoons honey

1/2 teaspoon oregano

2 cloves garlic, minced

1 teaspoon salt

1/4 teaspoon ground black pepper

1 teaspoon lemon zest (optional but tasty)

1/3 cup olive oil

Instructions:

1. Cook the orzo according to package instructions for al dente. Drain and rinse pasta under cold water to cool. Set aside.

2. Make vinaigrette by combining all vinaigrette ingredients in a blender or jar with tight-sealing lid and blend or shake until dressing is mixed well.

3. In a large mixing bowl, combine the drained/cooled orzo, spinach, onion, tomatoes, olives, and feta. Stir dressing into salad to coat well. Stir more than you think you need to...it will help "wilt" the spinach a bit.

Serve at room temperature or chilled.

This salad will keep for a couple days in the fridge, but is best consumed within 24 hours.



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This recipe is from Tammy's Recipes.