

Orzo Salad with Chicken, Kalamata and Feta

MG Newsletter, Julie Hyske

Ingredients Serves 6-8

Dressing

½ cup extra virgin olive oil

3 cloves garlic minced

½ cup fresh lemon juice

¼ cup red wine vinegar

Salt and pepper to taste

1 box orzo uncooked pasta (1 lb.)

1 cup finely chopped yellow and red pepper

2 cups finely chopped, cooked chicken breast

2 ½ cups baby spinach

¾ cup finely chopped red onion

2 cups halved kalamata olives

1 ½ cups crumbled feta cheese

1 tbsp finely grated lemon zest, or more to taste



Stir together the dressing ingredients in a small bowl. Season to taste with salt and pepper. Cook the orzo in a large pot of boiling, salted water until al dente, about 9 minutes. Drain pasta completely in a colander, running under cold water. Transfer orzo to a bowl, stir in the olive oil mixture, and let cool. Stir in the bell pepper, chicken, olives, spinach, red onion and crumbled feta until well combined. Serve salad when well chilled. This salad is delicious when made the day before for blending of flavors.