

Mediterranean Orzo Salad by Lynn's Recipes



Lynn demonstrates how to make a quick and healthy salad, suitable for a dinner side dish or for lunch. From My Daily Morsel.com.

Ingredients:

Dressing:

- 3 Tablespoons red wine vinegar
- 1 teaspoon dried oregano
- 1 clove garlic, pressed
- $\frac{1}{4}$ cup extra virgin olive oil
- Kosher salt, to taste
- Freshly ground pepper, to taste

Salad:

- 1 cup orzo, cooked according to package directions and drained
- 1 (15 ounce) can chickpeas, drained and rinsed
- 1 cup baby spinach leaves, chopped
- $\frac{1}{2}$ pint cherry or grape tomatoes, halved
- $\frac{1}{4}$ cup pitted kalamata olives, halved
- $\frac{1}{4}$ cup crumbled feta cheese
- $\frac{1}{2}$ red onion, diced

Whisk together the vinegar, oregano, garlic, salt and pepper in a small bowl. Gradually whisk in the olive oil.

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In a large bowl, combine the orzo and the rest of the salad ingredients and toss to combine. Pour the dressing over and toss to coat all of the ingredients.

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