

Greek Pasta Salad

Serves: 6 | Prep Time: 20 min | Total Time: 30 min

Ingredients

- 12 oz short pasta (rotini, penne, or bowties)
- 1 English cucumber, diced
- 1 pint cherry tomatoes, halved
- 1 red bell pepper, diced
- 1/3 red onion, thinly sliced
- 1/2 cup Kalamata olives, pitted & halved
- 6 oz feta, crumbled
- 2–3 tbsp fresh parsley, chopped
- Dressing:
 - 1/3 cup extra-virgin olive oil
 - 3 tbsp lemon juice (fresh)
 - 1 tbsp red wine vinegar
 - 1 tsp Dijon mustard
 - 1 ½ tsp dried oregano (or 1 tbsp fresh, minced)
 - 1 small garlic clove, grated
 - 3/4 tsp kosher salt + black pepper to taste

Instructions

- Cook pasta in well-salted water until al dente. Drain, rinse under cool water, and shake dry.
- Whisk dressing: olive oil, lemon juice, red wine vinegar, Dijon, oregano, garlic, salt, and pepper.
- In a large bowl, combine pasta, cucumber, tomatoes, bell pepper, onion, and olives.
- Pour dressing over and toss to coat. Fold in feta and parsley. Adjust seasoning as needed.
- Chill 30–60 minutes for best flavor. Toss again before serving.

Tips & Variations

- Add grilled chicken, shrimp, or chickpeas for protein.
- Try dill, basil, or mint in place of parsley.
- Use gluten-free pasta for a GF version.
- If storing, keep dressing separate and toss before serving.