



Greek Pasta Salad

Makes 6 servings

Ingredients

Dressing:

- 2 tablespoons fresh lemon juice
- ½ tablespoon spicy brown mustard
- ¼ cup extra virgin olive oil
- 3 tablespoon fresh dill weed
- 4 tablespoons minced red onion, divided in half
- ¼ teaspoon fresh ground pepper
- 1 clove garlic, minced

Salad:

- 8 ounces orzo
- 4 cups cucumbers, sliced in thin rounds, cut in half
- 1 15.5 ounce can chickpeas, drained
- 3 cups cherry tomatoes, halved
- 15 garlic stuffed olives, sliced
- ¼ cup fresh parsley
- ½ cup goat cheese

Directions

1. Cook orzo according to package directions. Drain and set aside.
2. Dressing: combine juice, mustard, oil, dill, 2 tablespoons red onion, black pepper and garlic in a small container and shake. Place in the refrigerator until ready to serve salad.

(directions continued on back)



SIDE DISH

Directions (continued)

3. In a large bowl combine orzo, cucumber, chickpeas, cherry tomatoes, olives, parsley, the rest of the red onion and goat cheese.
4. When ready to eat pour dressing over salad and toss.

*Option not included in nutrition facts.

= low sodium

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nutr-ah-59606 (5/21)

Nutrition Facts	
Serving Size 1 ¾ cup salad (305g)	
Servings Per Container 6	
Amount Per Serving	
Calories 350	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 360mg	15%
Total Carbohydrate 45g	15%
Dietary Fiber 7g	28%
Sugars 7g	
Protein 11g	
Vitamin A 20%	Vitamin C 35%
Calcium 6%	Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
<small>Calories: 2,000 2,500</small>	
<small>Total Fat</small>	<small>Less than 65g 80g</small>
<small>Saturated Fat</small>	<small>Less than 20g 25g</small>
<small>Cholesterol</small>	<small>Less than 300mg 300mg</small>
<small>Sodium</small>	<small>Less than 2,400mg 2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g 375g</small>
<small>Dietary Fiber</small>	<small>25g 30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Recipe contains: wheat, milk
Carb choices per serving: 3