

Foodnity Recipes

Greek Pasta Salad Recipe

A quick, healthy Greek Pasta Salad with fresh veggies, feta, and a zesty olive oil dressing.

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz (340 g) rotini or penne pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 medium cucumber, seeded and diced
- [ ] ½ red onion, thinly sliced
- [ ] ½ cup Kalamata olives, pitted and halved
- [ ] ¾ cup feta cheese, crumbled

Dressing

- [ ] ¼ cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] ½ tsp salt (adjust to taste)
- [ ] ¼ tsp black pepper

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook until al dente, about 8-10 minutes.
2. Drain the pasta and rinse under cold water to stop cooking; set aside to cool.
3. In a large bowl, combine the cooled pasta, tomatoes, cucumber, red onion, and olives.
4. Whisk together olive oil, lemon juice, oregano, salt, and pepper until well emulsified.
5. Pour the dressing over the salad, toss gently to coat every bite, then fold in the crumbled feta.
6. Let the salad rest for 10 minutes, taste and adjust seasoning, then serve at room temperature.

Nutrition per serving

360 kcal	10 g	34 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier texture, add a spoonful of Greek yogurt to the dressing.
- For extra brightness, zest a bit of lemon over the finished salad.
- The salad tastes even better the next day as the flavors meld.