

Mediterranean Orzo Salad

Salad Ingredients:

- 1 cup orzo
- 1 cup diced tomatoes (or halved cherry tomatoes)
- ½ cucumber, diced
- ½ red onion, diced
- ½ bell pepper, diced (any color)
- ½ cup feta cheese
- ¼ cup chopped parsley



Dressing Ingredients:

- 1/3 cup extra virgin olive oil
- 1 lemon, juiced
- 1 garlic clove, minced
- Salt and pepper to taste

Directions:

1. Wash hands and produce.
2. Cook orzo according to package instructions and let cool.
3. Once orzo has cooled, add the remaining salad ingredients to a large bowl and mix well.
4. In a small bowl, whisk the dressing ingredients then pour over the salad and toss to combine.
5. Adjust ingredients as necessary and swap out vegetables for others you have on hand. For example, if you don't have a bell pepper, add more cucumber, olives or zucchini.

Yield: 6

Nutritional analysis per serving: 279 Calories, 17 g fat (10.6 g monounsaturated), 11 mg cholesterol, 144 mg sodium, 26 g carbohydrate, 6 g protein, 2 g fiber

Mediterranean Hummus Dip

Ingredients:

- 17oz. family size container classic hummus (or 2 smaller containers)
- 5.3 oz. container Greek yogurt, plain (smaller individual serving)
- 4 oz. container or 1/2 cup feta cheese, crumbled or cubed
- 1 chopped and diced tomato
- 1 cucumber, deseeded, chopped into bite sized pieces
- ¼ cup Kalamata olives cut in half
- ¼ cup chopped red onion
- 1 tsp. fresh dill, minced
- 1 T. olive oil
- Salt and pepper to taste
- Carrot coins, celery, tortilla chips, pitas or pretzels



Directions:

In a small bowl, stir together hummus and Greek yogurt till well mixed. Transfer mixture to a serving platter. Spread mixture out, top with tomatoes, cucumbers, red onion and olives. Grind pepper and lightly salt over the hummus dip, sprinkle with dill. Drizzle with olive oil. Serve with carrot coins, pretzels or pieces of pita bread.

Yield: 10 servings

Nutritional analysis per serving: (dip portion only) 81 Calories, 4.4 g fat, 4 mg cholesterol, 119 mg sodium, 6 g carbohydrate, 5.3 g protein, 1 g fiber