



Greek Pasta Salad



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Greek Pasta Salad

Introduction

Looking for a refreshing and flavorful dish that is perfect for summer gatherings or a light lunch? Greek Pasta Salad is a wonderful option that brings together the vibrant tastes of Mediterranean cuisine. This salad is packed with wholesome ingredients such as pasta, fresh vegetables, olives, and feta cheese, making it not only delicious but also nutritious. Enjoy it as a side or main dish – it's versatile and sure to please everyone at the table.

Detailed Ingredients with measures

Pasta: 8 oz (about 2 cups) of your choice, such as rotini or penne

Cherry tomatoes: 1 cup, halved

Cucumber: 1 medium, diced

Red onion: 1/2 cup, finely chopped

Kalamata olives: 1/2 cup, pitted and sliced

Feta cheese: 1 cup, crumbled

Fresh parsley: 1/4 cup, chopped

Olive oil: 1/4 cup

Red wine vinegar: 2 tablespoons

Dried oregano: 1 teaspoon

Salt and pepper: to taste

Prep Time

15 minutes

Cook Time, Total Time, Yield

Cook Time: 10 minutes

Total Time: 25 minutes

Yield: serves 4-6 people



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Detailed Directions and Instructions

Step 1

Begin by cooking the pasta according to the package instructions until al dente. Drain the pasta and rinse it under cold water to stop the cooking process. Set it aside to cool.

Step 2

In a large mixing bowl, combine the cooled pasta with chopped cucumbers, cherry tomatoes, red onion, black olives, and feta cheese.

Step 3

In a separate small bowl, whisk together olive oil, red wine vinegar, oregano, garlic powder, salt, and pepper to create the dressing.

Step 4

Pour the dressing over the pasta mixture. Toss everything together until the pasta and vegetables are well coated with the dressing.

See also Lemon Icebox Cake

Step 5

Cover the bowl with plastic wrap and refrigerate the salad for at least 30 minutes to allow the flavors to blend.

Step 6

After chilling, give the salad another good toss. Adjust seasoning if necessary and serve cold or at room temperature.

Notes

Note 1

Feel free to add additional ingredients such as bell peppers, artichokes, or grilled chicken for extra flavor and protein.

Note 2

The salad can be stored in an airtight container in the refrigerator for up to 3 days.

Note 3

This pasta salad is perfect for meal prep, picnics, and barbecues.



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Cook techniques

Chopping vegetables

Chop vegetables like bell peppers, cucumbers, and red onion evenly for consistent texture and flavor in the salad.

Cooking pasta

Boil pasta in salted water until al dente, ensuring it retains a slight firmness for a better bite in the salad.

Making dressing

Whisk olive oil, vinegar, and seasoning together to create a balanced and flavorful dressing for the salad.

Combining ingredients

Toss all the cooked pasta and chopped vegetables together with the dressing to ensure even coating and distribution of flavors.

Chilling salad

Refrigerate the pasta salad for at least an hour before serving to allow the flavors to meld together.

FAQ

Can I use different types of pasta?

Yes, you can substitute with your preferred pasta shape or type for variation in texture and taste.

How long can I store Greek pasta salad?

Greek pasta salad can be stored in the refrigerator for up to 3 to 5 days in an airtight container.

Can I add protein to this salad?

Absolutely! You can add grilled chicken, chickpeas, or feta cheese for added protein.

See also [Easy Instant Pot Baked Potato Recipe](#)

Is this salad gluten-free?

To make it gluten-free, use gluten-free pasta and check the ingredients of your dressing.

Can I make this salad ahead of time?

Yes, this salad can be made a day in advance. Just be sure to store it in the refrigerator until ready to serve.



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Conclusion

Whether you're hosting a summer barbecue or looking for a quick weeknight meal, Greek Pasta Salad is a versatile and delicious option. With its combination of fresh vegetables, feta cheese, and a tangy dressing, this pasta salad is not only satisfying but also a great way to incorporate healthy ingredients into your diet. Perfect for meal prep, it can be enjoyed cold or at room temperature, making it an ideal dish for any occasion.

More recipes suggestions and combination

Mediterranean Quinoa Salad

Swap pasta for quinoa in your salad for a protein-packed, gluten-free option. Add chickpeas, roasted red peppers, and kalamata olives for extra flavors.

Caprese Pasta Salad

Combine pasta with fresh mozzarella, tomatoes, and basil. Drizzle with balsamic glaze for a refreshing Italian twist.

Tuna Pasta Salad

Mix canned tuna with pasta, diced celery, and a light mayo dressing. This hearty salad is perfect for a quick lunch.

Spinach and Feta Pasta Salad

Add fresh spinach and crumbled feta to your pasta for a nutritious boost. Toss with a lemon vinaigrette for added zing.

Roasted Vegetable Pasta Salad

Incorporate roasted seasonal vegetables like zucchini, bell peppers, and eggplant into your pasta salad to enhance its flavor and texture.

Avocado and Chickpea Salad

Combine mashed avocado with chickpeas, red onion, and cilantro for a creamy, protein-rich salad that pairs well with pasta.

See also [Monster Cookie Muffins](#)

Greek Orzo Salad

Try orzo instead of traditional pasta, and mix it with cucumbers, tomatoes, olives, and a lemon-oregano dressing for a delightful Mediterranean experience.



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