

Mediterranean Orzo Salad

8 oz. uncooked orzo
1 chicken breast, chunked or shredded
1 small cucumber, cut into chunks
1 can medium black olives
10 oz. grape tomatoes, sliced in half
1/2 small red onion, diced
1/4 cup flat parsley
6 oz. feta cheese
4 T balsamic vinaigrette dressing
1/2 teaspoon salt



In a medium pot, bring 2 quarts of water to a boil.
Pour 8 oz. of orzo into the water, simmering for approximately 9 minutes.

Don't forget about the orzo, stir it occasionally or else it will stick to the bottom of the pan. In a large glass bowl, combine the chunks of chicken, cucumber, black olives, halved grape tomatoes, diced red onion, parsley and feta.

After 9 minutes has come and gone, drain the orzo (it should be al dente) in a strainer and run cold water over it until it is completely cool. Shake out all the excess water and add the orzo to the vegetable mix.

Add the balsamic vinaigrette and salt, then stir carefully until the salad is well mixed. Serve immediately.

This salad keeps nicely in the fridge and is really good the next day, too. Serve as a side dish or add some chunked chicken for a main meal.