

Choco Fever Dream

Greek Pasta Salad with Feta Cheese

20 min Prep time	**10 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz rotini pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 medium cucumber, diced
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/2 cup Kalamata olives, pitted and sliced
- [ ] 3/4 cup feta cheese, crumbled
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tbsp fresh dill or parsley, chopped (optional)

Instructions

1. Bring a large pot of salted water to boil, add the rotini and cook until al dente, about 9 minutes; drain and rinse under cold water to stop cooking.
2. While the pasta cooks, combine the diced cucumber, halved tomatoes, sliced onion, and olives in a big mixing bowl.
3. In a small jar, whisk together olive oil, lemon juice, oregano, a pinch of salt, and pepper; let it sit for a minute to meld.
4. Add the cooled pasta to the bowl of vegetables, drizzle the dressing over, and toss gently. Finally, fold in the crumbled feta and fresh herbs.
5. Taste and adjust seasoning; let the salad sit for 10-15 minutes before serving to allow flavors to marry.

Nutrition per serving

340 kcal	10 g	38 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder cheese, use reduced-fat feta.
- For extra sparkle, add a pinch of grated lemon zest just before serving.
- The salad can be made ahead; keep the dressing separate until ready to serve.