Orzo Salad with Cucumber & Lemon

Yield: 4

Ingredients

Salad

- 8 oz. | Orzo pasta
- 1 cup | Cucumber, thinly sliced and chopped
- ½ cup | Green onion, chopped
- ¼ cup | Fresh parsley, chopped
- ½ cup | Corn
- 1 tsp. | Salt
- ¼ cup | Lemon juice
- 3 Tbsp. | Olive oil

Dressing

- ¼ cup | Plain Greek yogurt
- 2 Tbsp. | Water
- 2 tsp. | Garlic, pressed
- 2 Tbsp. | Fresh mint, minced

Directions

1. Cook the orzo according to the package direction. Drain and rinse with cold water. Let it completely cool.
2. In a large bowl, combine the orzo with the rest of the ingredients.
3. In a small bowl, whisk together Greek yogurt, water, garlic and minced fresh mint. Drizzle over the salad and serve immediately.

Nutritional Facts

Calories per serving: 220.