

This Mediterranean-style salad combines the chewy texture of chickpeas with the tangy flavor of feta. Chopped tomato adds a pop of color.

Chickpea, Feta, and Orzo Salad

Prep: 7 minutes • Cook: 10 minutes

- | | |
|---|---|
| 1 cup uncooked orzo (rice-shaped pasta) | ¼ teaspoon salt |
| Cucumber-Thyme Relish | ⅓ cup (1.3 ounces) crumbled feta cheese with basil and sun-dried tomatoes |
| 1 cup refrigerated prechopped tomato | |
| 1 (16-ounce) can chickpeas (garbanzo beans), rinsed and drained | |

1. Cook pasta according to package directions; drain and rinse under cold water. Drain well. While pasta cooks, prepare Cucumber-Thyme Relish.
2. Combine tomato and chickpeas in a large bowl, tossing gently; stir in pasta, salt, and Cucumber-Thyme Relish. Add feta cheese; toss gently. Yield: 4 servings (serving size: 1½ cups).

CALORIES 294; FAT 7.7g (sat 1.6g, mono 4.2g, poly 1.9g); PROTEIN 10.6g; CARB 46.6g; FIBER 5.3g; CHOL 7mg; IRON 1.3mg; SODIUM 488mg; CALC 60mg

Cucumber-Thyme Relish

Prep: 4 minutes

- | | |
|--|--|
| ½ tablespoons fresh lemon juice | 1 tablespoon fresh thyme leaves |
| 1 tablespoon extra-virgin olive oil | ¼ teaspoon salt |
| ½ cup chopped English cucumber | ¼ teaspoon freshly ground black pepper |
| 2 tablespoons finely chopped red onion | |

1. Combine lemon juice and olive oil in a medium bowl, stirring with a whisk. Stir in cucumber and remaining ingredients. Yield: ⅔ cup (serving size: about 3 tablespoons).

CALORIES 37; FAT 3.5g (sat 0.5g, mono 2.5g, poly 0.5g); PROTEIN 0.2g; CARB 1.6g; FIBER 0.3g; CHOL 0mg; IRON 0.2mg; SODIUM 146mg; CALC 7mg

ingredient spotlight



Orzo is a tiny rice-shaped pasta. It is perfect in soups and salads and cooks in a flash. It is available in both short, plump "grains" and long, thin "grains."

Cooking Light
Fresh Food Superfast