



**Makes 9 cups**  
**Preparation Time: 15 minutes**  
**Cook Time: 10 minutes**

#### INGREDIENTS:

8 oz. dry whole wheat orzo  
6 tablespoons lemon juice  
1 teaspoon freshly ground black pepper  
¼ teaspoon sea salt  
1 red bell pepper, finely chopped  
1 red onion, finely chopped  
1 cup cherry tomatoes, halved  
1 cup pitted Kalamata olives, chopped  
¾ cup canned chickpeas, rinsed and drained  
½ cup chopped fresh parsley

## Lemon Orzo Salad

Whole wheat **orzo** is the perfect choice for this pasta salad: Its small, grain-like shape makes it ideal for light, refreshing meals, and it cooks up in no time. A tasty medley of crunchy bell pepper, tangy cherry tomatoes, Kalamata olives, and hearty chickpeas gives this lemon orzo salad extra staying power while offering an appealing variety of textures. For the dressing, just mix lemon juice with sea salt and pepper.

For more inspiration, check out these tasty ideas:

- [Orzo Pasta Bowl with Kidney Beans and Sauteed Veggies](#)
- [Whole Wheat Orzo and Arugula Skillet Supper](#)
- [Cannellini Bean, Kale, and Orzo Soup](#)
- Or check out our collection of [whole wheat orzo recipes](#).

By Carleigh Bodrug

- 1 Cook orzo according to package directions; drain. Transfer to a large bowl and let cool.
- 2 For dressing, in a small bowl whisk together lemon juice, black pepper, and salt.
- 3 Add the remaining ingredients to orzo. Drizzle with dressing; toss to coat. Serve immediately, or cover and store in the refrigerator up to 4 days.