

Helergon Kitchen

Greek Pasta Salad With Feta Cheese

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz (340 g) bowtie or rotini pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup cucumber, diced
- [ ] 1/2 cup red onion, thinly sliced
- [ ] 1/2 cup Kalamata olives, pitted and sliced
- [ ] 3/4 cup feta cheese, crumbled

Dressing

- [ ] 1/4 cup extra-virgin olive oil
- [ ] 3 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Cook the pasta in salted water until al dente; drain and rinse under cold water to stop cooking.
2. While the pasta cools, combine tomatoes, cucumber, red onion, olives, and feta in a large bowl.
3. Whisk together olive oil, lemon juice, oregano, salt, and pepper; let the dressing sit a minute.
4. Add the cooled pasta to the vegetable mixture, pour the dressing over, and toss gently until everything is evenly coated.
5. Taste and adjust seasoning; serve immediately or chill for 10 minutes to let flavors meld.

Nutrition per serving

430 kcal	12 g	36 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier texture, stir in a tablespoon of Greek yogurt into the dressing.
- For extra crunch, add toasted pine nuts just before serving.
- The salad tastes even better the next day once the flavors have fully developed.