

# Watermelon Feta Orzo Salad with Lemon Basil Dressing

Yield: 7 servings

The sweetness from the watermelon and the salty taste of the feta go perfect with fresh lemon juice and basil in this refreshing salad. If you are not a fan of feta, try substituting another semi-soft or soft cheese like goat cheese.

Recipe adapted from Cooking Classy

## Ingredients

- 1.5 cups dry orzo
- 1 teaspoon salt
- 1 tablespoon fresh lemon zest
- 2 tablespoons fresh lemon juice
- 1.5 tablespoons extra-virgin olive oil
- 2 teaspoons honey
- 5 cups seedless watermelon, cut into 1/2 to 3/4-inch cubes
- 6 ounces feta cheese, crumbled
- 1/4 cup chopped fresh basil
- Salt to taste

## Directions

1. Cook orzo according to directions on package. Drain cooked orzo but do not rinse. Pour orzo into a large bowl.
2. In a smaller bowl, stir together lemon zest, lemon juice, olive oil, and honey. Pour half of the mixture over drained warm orzo in bowl and toss and season with salt to taste. Allow pasta to cool.
3. Once orzo is cool, add watermelon, feta, and basil. Mix in remaining lemon juice mixture and toss to evenly coat. Serve cold.

Nutrition Facts	
7 servings per container	
Serving size	1/7 of recipe
Amount per serving	
<b>Calories</b>	<b>260</b>
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Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 560mg	24%
Total Carbohydrate 38g	14%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 2g Added Sugars	4%
Protein 9g	
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Vitamin D 0mcg	0%
Calcium 138mg	10%
Iron 2mg	10%
Potassium 201mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	