



Anytime Tuna Orzo Salad

Serves 4-6

Tuna Salad Ingredients

- 8 oz orzo pasta, cook according to directions.
- 1 small can line-caught albacore tuna
- ½ cup cherry tomatoes, halved
- ½ cup English cucumber, diced (no need to peel but I do seed it)
- ¼ cup red onion, finely diced
- ⅓ cup pitted kalamata or pitted green olives, sliced
- ¼ cup toasted walnuts (optional)
- ⅓ cup fresh dill, chopped
- ⅓ cup crumbled feta cheese, if you have it

Dressing Ingredients

- ¼ cup extra virgin olive oil
- 2 tbsp fresh lemon or lime juice
- 1 tbsp white wine or champagne vinegar
- 1 tsp Dijon mustard
- 1 tsp maple syrup
- 1 clove garlic, minced
- Salt & freshly ground black pepper, to taste

Instructions

1. Cook orzo according to directions until al dente. Then run cold water over it, shake dry.
2. Make the Dressing: Whisk together olive oil, lemon or lime juice, vinegar, mustard, maple syrup, garlic, salt, and pepper.
3. Assemble the Salad: In a large bowl, toss orzo with tuna, cherry tomatoes, cucumber, red onion, olives, nuts, and herbs.
4. Dress and Serve: Pour dressing over salad, toss well, and top with feta if using. Let sit for ten minutes for flavors to meld.
5. Enjoy! Serve chilled or at room temperature. Leftovers are excellent the next day.