

Broccoli Pasta Salad with Tomato Vinaigrette

A budget friendly meal that can be made in advance for an easy lunch or dinner on the go. The broccoli in this dish helps add potassium and vitamin C to help support heart health.

Yields: 4 servings

Ingredients:

Tomato Basil Vinaigrette:

- 1 Tbsp tomato paste
- 2 Tbsp red wine vinegar (can substitute with regular vinegar)
- 1/2 tsp dried basil
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/4 tsp black pepper
- 6 tbsp olive oil

Salad:

- 1 cup rotini pasta
- 2 cups broccoli
- 1/2 cup diced red onion
- 1/4 cup unsalted sunflower seeds, optional
- 4 oz. feta

Instructions:

1. Start with the vinaigrette. Whisk tomato paste, vinegar, dried basil, garlic powder, salt, black pepper. Add olive oil one tbsp at a time until fully incorporated. Set aside.
2. Cook the rotini pasta according to the package directions. Once cooked, drain with a colander. Let cool in a separate bowl
3. While the pasta is cooking. Cut the broccoli florets off the stems, then roughly chop the florets into small, bite-sized pieces. Finely dice the red onion.
4. Once the pasta has drained, transfer to a large bowl. Add the chopped broccoli, red onion, and sunflower seeds (if using). Crumble feta over top.
5. Drizzle the vinaigrette into the bowl and then gently toss the ingredients until combined and everything is coated with vinaigrette. Serve immediately or refrigerate until ready to eat!

Per serving: Calories: 570 Kcal Carbohydrates: 55.9g Sugars: 6.2g Protein: 16.5g Saturated Fat: 8g Sodium: 450.3mg

This recipe was adapted from Budgetbytes.com