

Plate Dream

Classic Pasta Salad – Crowd-Friendly Recipe

15 min Prep time	**12 min** Cook time	**27 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Pasta and Veggies

- [ ] 1 lb rotini pasta
- [ ] 1 cup red bell pepper, diced
- [ ] 1 cup yellow bell pepper, diced
- [ ] ½ cup red onion, thinly sliced
- [ ] ½ cup cucumber, diced
- [ ] ¼ cup fresh parsley, chopped
- [ ] 2 tbsp fresh dill, chopped

Dressing

- [ ] 1/3 cup extra-virgin olive oil
- [ ] ¼ cup fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the rotini, and cook until al dente, about 8-9 minutes.
2. Drain the pasta, rinse under ice water until cool, then pat dry with a clean kitchen towel.
3. While the pasta cools, whisk together olive oil, lemon juice, zest, mustard, honey, salt, and pepper in a bowl; this is your bright vinaigrette.
4. In a large mixing bowl, combine the cooled pasta, diced peppers, onion, cucumber, parsley, and dill. Pour the dressing over and toss gently until everything is evenly coated.
5. Taste and adjust seasoning, adding a pinch more salt or a drizzle of lemon juice if needed. Let the salad rest for 15 minutes before serving.

Nutrition per serving

420 kcal	10 g	48 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, add thinly sliced radishes just before serving.
- If you like a hint of sweetness, increase the honey by half a teaspoon.
- A splash of white wine vinegar can replace some lemon juice for a sharper bite.