Plate Dream

# Fresh Broccoli Pasta Salad

Bright broccoli, al dente pasta, and a lemon-y dressing combine for a refreshing, nutrient-rich salad you can

| 15 min | 10 min | 25 min | 4 | Easy | Mediterranean |
|---|---|---|---|---|---|
| Prep time | Cook time | Total time | Servings | Difficulty | Cuisine |

## Ingredients

### Main Ingredients

- [ ] 12 oz whole-wheat pasta
- [ ] 2 cups broccoli florets
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/4 cup toasted pine nuts

### For the Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp apple cider vinegar
- [ ] 1 tsp honey
- [ ] 1 garlic clove, minced
- [ ] Salt and freshly cracked black pepper to taste

## Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook until al dente. Drain and rinse under cool water.
2. Meanwhile, blanch the broccoli florets in boiling water for 2 minutes, then shock in an ice bath to keep them crisp.
3. In a small bowl, whisk together olive oil, lemon juice, zest, vinegar, honey, garlic, salt, and pepper. Let it sit for a minute.
4. In a large bowl, combine pasta, broccoli, tomatoes, red onion, and pine nuts. Drizzle with the dressing and toss gently.
5. Taste and adjust seasoning, then serve. For a protein boost, try our high protein Italian pasta salad alongside.

### Nutrition per serving

| 310 kcal | 10 g | 38 g | 12 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

> **Tips & notes**
> - If you prefer a creamier texture, swap half the olive oil for Greek yogurt.
> - Add a pinch of crushed red pepper flakes for a subtle heat.
> - The salad improves in flavor after resting for 10-15 minutes.