



### Lemony Broccoli Pasta Salad

Julie Andrews, Chef and Registered Dietitian Stride in the Kitchen

*Rotini, broccoli, red onion, and sunflower seeds tossed in a creamy yogurt lemon dressing.*

Prep time: 15 mins    Cook Time: 15 mins    Total Time: 30 mins

Serves 8

#### **Ingredients:**

- 1 cup (240 mL) whole grain or veggie rotini
- ½ cup (120 mL) plain non-fat Greek yogurt
- 2 tablespoons (30 mL) mayonnaise
- 2 tablespoons (30 mL) apple cider vinegar
- 1 tablespoon (15 mL) granulated sugar
- Zest and juice of 1 medium lemon
- ¾ teaspoon (3.75 mL) kosher salt
- 1 medium head broccoli, chopped into bite-sized pieces
- ½ medium red onion, peeled and minced
- ½ cup (120 mL) sliced almonds or roasted sunflower seeds, divided

#### **Instructions:**

1. Bring a large pot of water to a boil. Cook rotini according to package directions. Drain and rinse with cold water.
2. In a large glass bowl, whisk together the Greek yogurt, mayonnaise, vinegar, sugar, lemon zest and juice and salt. Taste and adjust the seasoning, if necessary.
3. Add the cooked cooled pasta, broccoli, red onion and half of the almonds or sunflower seeds to the bowl and toss to coat. Refrigerate at least 30 minutes.
4. Transfer to a serving bowl and top with the remaining almonds or sunflower seeds. Serve.

*Cooking Tip:* Add a protein to make it a meal! This goes well with grilled chicken or salmon.

Nutrition:

**Serving Size:** 1/8 of recipe

**Calories:** 200

**Sugar:** 4g

**Sodium:** 151mg

**Fat:** 9g

**Saturated Fat:** 1g

**Unsaturated Fat:** 8g

**Trans Fat:** 0g

**Carbohydrates:** 25g

**Fiber:** 4g

**Protein:** 8g