

Broccoli Pasta Salad

INGREDIENTS

30 MINUTES 4 SERVINGS

- 8 oz rotini pasta
- 1 lb. broccoli, chopped into bite size pieces
- 1/2 cup red onion, diced
- 1/4 cup unsalted sunflower seeds
- 1/2 cup low-fat feta cheese, crumbled
- 1 tbsp tomato paste
- 2 tbsp red wine vinegar
- 1/2 tsp dried basil
- 1/4 tsp garlic powder
- 1/4 tsp sugar
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 tbsp olive oil



Adapted: budgetbytes.com

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PROCEDURE

1. In a small bowl, whisk together tomato paste, red wine vinegar, basil, garlic powder, sugar, salt, and pepper in a bowl until smooth. Whisk in 1 tablespoon of olive oil at a time, until fully incorporated
2. In a large pot of boiling salted water, cook pasta, stirring occasionally, until al dente according to package directions. Drain and let cool
3. Cut the broccoli florets off the stems, and then roughly chop florets into small pieces. Dice red onion
4. In a large bowl, combine pasta, broccoli, red onion, sunflower seeds, and crumbled feta. Slowly pour the vinaigrette over the salad and toss to combine.
5. Serve immediately or refrigerate until ready to eat



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