

Broccoli & Feta Pasta Salad

Total: 30 mins

Servings: 6



This vegetarian pasta salad recipe is perfect for your next potluck or as an easy side dish. The broccoli keeps it nice and crunchy and the chickpeas add protein. For the best flavor, combine the pasta salad with the dressing about 1 hour before serving.

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By Stacy Fraser



Ingredients

Dressing

1 clove garlic, minced

¼ teaspoon salt

½ cup buttermilk

¼ cup low-fat mayonnaise

3 tablespoons chopped fresh oregano or 1 tablespoon dried

1 tablespoon distilled white vinegar

Pasta Salad

8 ounces (about 3 cups) whole-wheat fusilli

2 cups chopped broccoli

1 ¾ cups halved grape or cherry tomatoes

1 15-ounce can chickpeas, rinsed

½ cup crumbled feta cheese

Freshly ground pepper to taste

Directions

Step 1

To prepare dressing: Mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add buttermilk, mayonnaise, oregano and vinegar; whisk until combined.

Step 2

To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add broccoli, tomatoes, chickpeas, feta, pepper and the dressing; toss to coat.

Tips

Make Ahead Tip: Cover and refrigerate, without dressing, for up to 1 day. Toss with the dressing about 1 hour before serving.

Nutrition Facts

Serving Size: About 1 1/3 Cups

Per Serving:

264 calories; total fat 6g 9% DV; saturated fat 2.5g; cholesterol 14mg 5% DV; sodium 450mg 18% DV; potassium 365mg 10% DV; carbohydrates 44.4g 14% DV; fiber 6.3g 25% DV; sugar 4g; protein 11.2g 22% DV; exchange other carbs 3; vitamin a iu 901IU; vitamin c 25mg; folate 79mcg; calcium 134mg; iron 2mg; magnesium 59mg; thiaminmg.

Exchanges:

2 1/2 Starch, 1/2 Vegetable, 1/2 Medium Fat Meat, 1/2 Fat