Zucchini Bread Recipes

Fresh Broccoli Pasta Salad

A bright, crunchy broccoli pasta salad tossed in a light lemon-herb vinaigrette, ready in minutes.

15 min	12 min	27 min	4	Easy	Mediterranean
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-wheat rotini pasta
- [ ] 3 cups broccoli florets
- [ ] 1/4 cup toasted pine nuts
- [ ] 1/3 cup shaved Parmesan cheese

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp honey
- [ ] 1 garlic clove, minced
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook until al dente, about 9-10 minutes.
2. While the pasta cooks, trim the broccoli and give it a quick 30-second blanch in boiling water, then shock in ice water to keep it crisp.
3. Whisk together olive oil, lemon juice, vinegar, honey, minced garlic, salt, and pepper in a small bowl; let it rest for a minute.
4. Drain the pasta, rinse under cold water, then return to the bowl. Toss the pasta with the vinaigrette, followed by the broccoli, pine nuts, and Parmesan.
5. Give everything a gentle toss, taste, adjust seasoning if needed, and let the salad sit for 10 minutes before serving.

Nutrition per serving

380 kcal	14 g	48 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier texture, stir in a tablespoon of Greek yogurt into the dressing.
- The salad brightens even more after chilling for an hour.
- Feel free to add a handful of fresh herbs like basil or dill for an aromatic lift.