

Zucchini Bread Recipes

High-Protein Italian Pasta Salad

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-grain rotini pasta
- [ ] 1 can (15 oz) white beans, drained and rinsed
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup cucumber, diced
- [ ] 1/2 cup red bell pepper, diced
- [ ] 1/4 cup fresh basil leaves, torn
- [ ] 1/4 cup red onion, thinly sliced

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 garlic clove, minced
- [ ] 1 tsp Dijon mustard
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Cook the rotini in salted water until al dente, then drain and rinse under cold water to stop cooking.



2. While the pasta cools, whisk together olive oil, lemon juice, minced garlic, Dijon mustard, salt, and pepper in a small bowl.



3. In a large bowl, combine the cooled pasta, white beans, cherry tomatoes, cucumber, red bell pepper, red onion, and basil.



4. Pour the dressing over the salad, toss gently until everything is lightly coated.



5 Let the salad rest for 10 minutes to allow flavors to meld, then serve at room temperature.



Nutrition per serving

420 kcal	18 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning before serving; a little extra lemon can brighten the whole bowl.
- If you prefer a creamier texture, stir in a spoonful of Greek yogurt into the dressing.
- For a heartier version, add grilled turkey strips or toasted pine nuts.