



BROCCOLI PASTA SALAD

🕒 10 hours

🕒 18 hours

🍴 4 portions

INGREDIENTS

- 2.5 cups penne of pasta, whole-wheat, dry [238 g]
- 3 cups chopped of broccoli, raw [273 g]
- 1/3 cups, chopped of onions, raw [53 g]
- 1/3 cups, crumbled of cheese, feta [50 g]
- 120 grams of yogurt, Greek, plain, nonfat
- 1/4 cup of cranberries, dried, sweetened [40 g]
- 1 tsp of oil, olive, salad or cooking [5 g]
- 1/2 tbsp of honey [11 g]
- 1/4 cup of vinegar, cider [60 g]
- 1/2 cup, with hulls, edible yield of seeds, sunflower seed kernels, dried [23 g]

COOKING METHOD

- 1° For the dressing: Mix Greek Yoghurt, Vinegar, olive oil, honey and salt & pepper in a bowl. Set aside
- 2° For the salad: In a large mixing bowl, add the cooked pasta, broccoli, red onions and half of the feta to the bowl. Pour in the dressing and toss evenly coat. Season as needed with salt and pepper. Cover bowl and chill in the fridge for at least an hour. Toss in seeds, cranberries and more crumbled feta before serving.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [218 g]	% DRI
ENERGY	172 kcal	373 kcal	19 %
FAT	4 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
CHOLESTEROL	6 mg	13 mg	4 %
SODIUM	83 mg	180 mg	8 %
CARBOHYDRATE	29 g	63 g	21 %
SUGARS	6 g	14 g	—
FIBER	4 g	8 g	34 %
PROTEIN	8 g	16 g	—