

Recipe: Lemony Macaroni Salad

PREPARATION TIME

45
minutes



Lemony Macaroni Salad

INGREDIENTS

- 12 ounces whole wheat elbow
- 3 cups small broccoli florets
- 2/3 cup nonfat plain greek yogurt
- 1/3 cup grated parmesano-reggiano
- 1 tablespoon lemon juice
- 1/2 teaspoon grated lemon zest
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1 large red bell pepper, seeded
- 2 medium tomatoes, cored and chopped
- 2 green onions, trimmed and thinly sliced

INSTRUCTIONS

Bring a large pot of salted water to a boil. Add macaroni and cook accordingly to the package directions. With 5 minutes remaining in pasta cooking time, add broccoli to the pot with pasta. Drain pasta and broccoli at the same time and set aside. Let cool slightly. In a large bowl, whisk together yogurt, cheese, lemon juice, lemon zest, paprika, salt and pepper. Add pasta, broccoli, bell pepper, tomatoes and green onions, and toss to combine. Chill or serve at room temperature.

COOKING TIME

25
minutes

SERVINGS

8
people

NUTRITIONAL INFORMATION (per serving)



2.5	g of total fat
10	g of total protein
5	g of dietary fiber
35	g of total carbs

Key words

squash, salt, parmesan cheese, summer

Add this classic but fresh, macaroni salad to your summer repertoire. Nutty whole wheat pasta and a sprinkling of parmesano-reggiano give it a little sophistication

