

TURKEY AND BROCCOLI PASTA SALAD

Makes 4-6 servings

This lightened-up pasta salad can be served as an appetizer or as a light-meal entrée.



Dressing

- 1 cup non fat plain yogurt
- 3 tablespoons white wine or rice vinegar
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 teaspoon garlic or onion powder
- 1 teaspoon dried dill

Salt and black pepper to taste

Pasta

- 3 cups cooked whole-wheat OR rice pasta
- 4 cups chopped broccoli florets (about 2 large heads)
- 1 cup diced turkey (low sodium)
- 1 large red bell pepper, diced
- ¼ cup red onion, diced
- 3 cups green peas OR frozen corn

Directions

1. Put all dressing ingredients together in a bowl, mix well.
2. Add salt and pepper, until desired taste is achieved.
3. Combine all salad ingredients together in a large bowl. Add dressing and toss until everything is evenly covered in dressing. Refrigerate for at least 30 minutes prior to serving.