

Broccoli and Feta Pasta Salad

DRESSING

1 clove garlic, minced
1/4 teaspoon salt
1/2 cup buttermilk
1/4 cup low-fat mayonnaise
3 tablespoons chopped fresh oregano or 1 tablespoon dried
1 tablespoon distilled white vinegar

PASTA SALAD

8 ounces (about 3 cups) whole-wheat fusilli
2 cups chopped broccoli
1 3/4 cups halved grape or cherry tomatoes
1 15-ounce can chickpeas, rinsed
1/2 cup crumbled feta cheese
Freshly ground pepper to taste

To prepare dressing: Mash garlic and salt in a medium bowl with the back of a spoon into a chunky paste. Add buttermilk, mayonnaise, oregano and vinegar; whisk until combined.

To prepare pasta salad: Cook pasta in a large pot of boiling water according to package directions. Drain, transfer to a large bowl and let cool. Add broccoli, tomatoes, chickpeas, feta, pepper and the dressing; toss to coat.

Adapted from Eating Well