

# COOKOUT

Janie Chua



## Broccoli Pasta Salad

SERVES 4

### Ingredients

- 1 orange bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 head broccoli, cut into small florets
- 1/3 cup dried cranberries
- 100g whole wheat fusilli
- 1/4 cup baked almonds
- 200g salmon
- 1/2 cup low fat ranch dressing
- Salt & black pepper



### Method of preparation

1. Cook pasta until cooked in a pot of boiling water, add broccoli during last minute of cooking. Drain and rinse with cold water.
2. Season salmon with pepper and salt and grill or bake until cooked.
3. In a large salad bowl, add all ingredients and pour dressing over.
4. Cover and refrigerate. Serve chilled.

### Nutrition Information Per Serving

Energy	387kcal
Carbohydrate	41g
Protein	28g
Total fat	14g
Saturated fat	1.8g
Cholesterol	54mg
Dietary fibre	5.0g
Sodium	550mg
Carbohydrate exchange	~2.5 exchange

*About the author: Janie Chua is a senior dietitian with National Healthcare Group Polyclinics. She provides dietetic counselling to patients, as well as conducts talks and cooking demonstrations for community health programmes. Janie hopes to reach out to the public and raise awareness about health and nutrition through both primary care and community settings.*