

Helergon Kitchen

High-Protein Italian Pasta Salad – Quick & Nutritious

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz whole-grain fusilli or rotini
- [ ] 1 (15 oz) can cannellini beans, rinsed and drained
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup red bell pepper, diced
- [ ] ¼ cup red onion, thinly sliced
- [ ] ¼ cup fresh basil, torn

Dressing

- [ ] ¼ cup extra-virgin olive oil
- [ ] 3 tbsp freshly squeezed lemon juice
- [ ] 1 tsp Dijon mustard
- [ ] 1 garlic clove, minced
- [ ] ½ tsp dried oregano
- [ ] Salt and freshly cracked black pepper, to taste

Instructions

1. Bring a large pot of salted water to a boil, add the pasta, and cook al-dente according to package directions; then drain and rinse under cold water.
2. While the pasta cooks, whisk together olive oil, lemon juice, mustard, minced garlic, oregano, salt, and pepper in a small bowl; let it sit for a minute to emulsify.
3. In a big mixing bowl, combine the cooled pasta, rinsed beans, cherry tomatoes, bell pepper, red onion, and fresh basil.
4. Pour the vinaigrette over the salad, tossing gently until everything is evenly coated; taste and adjust seasoning if needed.
5. Let the salad rest for 10 minutes at room temperature, then serve. Optional: sprinkle with toasted pine nuts or a crumble of feta.

Nutrition per serving

420 kcal	18 g	55 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crunch, toast pine nuts lightly before adding.
- If you prefer a creamier texture, stir in a spoonful of Greek yogurt into the dressing.
- The salad can be made a day ahead; the beans and veggies stay crisp.