

Bow-Tie Pasta with Sun-Dried Tomato Dressing

- 1 package bow-tie pasta (farfalle), cooked al dente, well drained
- 1 small broccoli, tough stems removed, half cooked, so it is a bit crunchy and bright green
- 2/3 c red onion, chopped
- 3 c coloured bell pepper, red, orange, yellow or green, chopped
- 2/3 c parsley leaves, chopped
- 2 scallions, chopped
- 2/3 c fennel, sliced bite size, include fennel tops
- 4 cloves garlic
- 12 sun-dried tomato halves, with 5 more on the side, chopped, as garnish
- 1/4 c balsamic vinegar
- 3 T olive oil
- 1/2 t sea salt

Process garlic, sun-dried tomato, vinegar, olive oil and sea salt in a blender. Place the sun-dried tomato dressing in a large bowl. Add the hot pasta and the broccoli. Mix well. Add the onion, bell pepper, parsley, scallions, and fennel. Mix well. Garnish with extra, chopped sun-dried tomato. Serve warm or cold. Serves 8.