Plate Dream

Caesar Pasta Salad Recipe - Quick & Healthy

A quick, healthy Caesar pasta salad with noodles, Parmesan, and homemade croutons.

15 min	10 min	25 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz rotini pasta
- [ ] 2 cups romaine lettuce, torn
- [ ] 1/2 cup Parmesan cheese, grated
- [ ] 1 cup homemade croutons
- [ ] 1/3 cup Caesar dressing (store-bought or homemade)
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp Dijon mustard

Optional Add-Ins

- [ ] Grilled chicken breast, sliced (see Veg Caesar Salad)
- [ ] Cherry tomatoes, halved

Instructions

1. Bring a large pot of salted water to a boil, add the rotini and cook until al dente, about 9 minutes. Drain and rinse under cold water to stop cooking.
2. While the pasta cooks, toss cubed bread with olive oil, garlic powder, and a pinch of salt; bake at 350°F for 10 minutes, turning once, until golden. Set aside to cool.
3. In a bowl, whisk together Caesar dressing, lemon juice, and Dijon mustard until smooth. Taste and add a pinch of black pepper.
4. Place the cooled pasta in a large mixing bowl, add the torn lettuce, grated Parmesan, and drizzle the dressing. Toss gently to coat.
5. Just before serving, fold in the homemade croutons and optional chicken or tomatoes. Give a final light toss and serve.

Nutrition per serving

420 kcal	18 g	48 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a lighter version, use half-fat Greek yogurt in place of some of the dressing.
- For extra zest, add a zest of lemon right before the final toss.
- The salad tastes best after resting 5 minutes; the flavors meld nicely.