

Plate Dream

Chicken Caesar Pasta Salad – Easy Dinner

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 chicken breasts, boneless skinless
- [ ] 8 oz rotini pasta
- [ ] 4 cups romaine lettuce, torn
- [ ] 1/3 cup grated Parmesan cheese
- [ ] 1/2 cup Caesar dressing
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp lemon juice
- [ ] Freshly ground black pepper to taste
- [ ] Optional: 1/2 cup croutons

Instructions

1. Preheat a grill or skillet over medium-high heat; brush chicken with olive oil and season with salt and pepper.
2. Cook pasta in salted water until al dente; drain, reserving 1/4 cup cooking water.
3. Grill chicken for about 6-7 minutes per side until golden and cooked through; let rest 5 minutes, then slice into strips.
4. In a large bowl combine warm pasta, Caesar dressing, lemon juice, and a splash of reserved pasta water; toss gently.
5. Add romaine, sliced chicken, Parmesan, and optional croutons; season with black pepper and give a final soft toss.

Nutrition per serving

420 kcal	32 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If dressing feels thick, thin with a little pasta water.
- For extra crunch, add toasted pine nuts or sliced almonds.
- Serve at room temperature for best flavor balance.