

Plate Dream

Chicken Pasta Salad with Avocado, Tomato, and Basil

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

Ingredients

Main Ingredients

- [ ] 2 cups rotini pasta
- [ ] 2 cooked chicken breasts, shredded
- [ ] 1 ripe avocado, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/4 cup fresh basil leaves, torn
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste

Optional Add-Ins

- [ ] 1/4 cup toasted pine nuts
- [ ] 2 tbsp grated Parmesan cheese

Instructions

1. Cook the rotini in salted boiling water until al dente, then drain and rinse under cold water.
2. While the pasta cooks, grill or poach the chicken breasts; let cool, then shred into bite-size pieces.
3. In a large bowl, whisk together olive oil, lemon juice, salt, and pepper to form a light dressing.
4. Add the cooled pasta, chicken, cherry tomatoes, and gently fold in the avocado cubes.
5. Toss everything with the dressing, sprinkle torn basil leaves on top, and serve immediately.

Nutrition per serving

420 kcal	30 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits too long, add a splash more olive oil to refresh the coating.
- Taste and adjust seasoning right before serving for best balance.
- For a spicy kick, stir in a pinch of red-pepper flakes – see the high protein Italian version for ideas.