

Plate Dream

Mediterranean Chicken Pasta Salad

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

Ingredients

Main Ingredients

- ▢ 2 cups cooked whole-wheat pasta (such as penne)
- ▢ 1 lb boneless skinless chicken breast, grilled and sliced
- ▢ 1 cup cherry tomatoes, halved
- ▢ 1 cup cucumber, diced
- ▢ ½ cup Kalamata olives, pitted and sliced
- ▢ ¾ cup feta cheese, crumbled

For the Vinaigrette

- ▢ ¼ cup extra-virgin olive oil
- ▢ 3 tbsp freshly squeezed lemon juice
- ▢ 1 tsp dried oregano
- ▢ 1 tsp dried basil
- ▢ 1 clove garlic, minced
- ▢ Salt and pepper to taste

Instructions

1. Season the chicken with salt, pepper, and dried oregano; grill over medium heat until cooked through, about 6-7 minutes per side, then let rest and slice thinly.
2. Cook the pasta in salted water until al dente, drain, and rinse under cold water to stop cooking; set aside.
3. In a large bowl, whisk together olive oil, lemon juice, minced garlic, oregano, basil, salt, and pepper; let the vinaigrette sit a few minutes.
4. Add the cooled pasta to the vinaigrette, tossing to coat evenly; then fold in the chicken, tomatoes, cucumber, olives, and feta.
5. Taste and adjust seasoning if needed; drizzle a little extra lemon juice for brightness.
6. Serve immediately at room temperature or chill for 15 minutes; garnish with fresh basil leaves.

Nutrition per serving

420 kcal	28 g	42 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a richer dressing, whisk in a teaspoon of honey.
- For extra crunch, add toasted pine nuts or sliced almonds just before serving.
- The salad can be prepared ahead; keep the vinaigrette separate until just before serving.