

Plate Dream

Pasta Salad Cups: Fresh Easy Lunch

20 min Prep time	**10 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz tri-color rotini pasta
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup cucumber, diced
- [ ] ½ cup red bell pepper, finely chopped
- [ ] ¼ cup fresh basil, torn
- [ ] ¼ cup fresh parsley, chopped
- [ ] ¼ cup feta cheese, crumbled (optional)

Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] ¼ tsp salt
- [ ] ¼ tsp black pepper
- [ ] Pinch of red-pepper flakes (optional)

Instructions

1. Bring a large pot of salted water to a boil, add the rotini, and cook until al dente, about 8-9 minutes.
2. Drain the pasta, rinse under cold water, and toss gently to cool; set aside.
3. In a small bowl, whisk together olive oil, lemon juice, honey, salt, pepper, and red-pepper flakes; let it rest.
4. Combine the cooled pasta with tomatoes, cucumber, bell pepper, basil, and parsley in a large mixing bowl.
5. Drizzle the vinaigrette over the salad, tossing gently until everything is evenly coated.
6. Spoon the mixture into cup-shaped serving bowls and top each with a sprinkle of feta, if desired.

Nutrition per serving

280 kcal	8 g	34 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter dressing, add an extra half-teaspoon of honey.
- For extra crunch, toss in a handful of toasted pine nuts just before serving.
- The salad can be assembled a few hours ahead; keep the vinaigrette separate if you like extra crispness.