

Plate Dream

Pasta Salad with Chicken & Parmesan

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 oz rotini pasta
- [ ] 2 cups cooked chicken breast, sliced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 cup cucumber, diced
- [ ] 1/4 cup red onion, thinly sliced
- [ ] 1/3 cup shaved Parmesan cheese

Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey (optional)
- [ ] 1 garlic clove, minced
- [ ] 1 tbsp fresh basil, chopped
- [ ] Salt and pepper to taste

Instructions

1. Cook the rotini in salted water until al dente, then drain and rinse under cool water to stop cooking.
2. While the pasta cooks, grill or pan-sear the chicken breasts with a pinch of salt, let rest, then slice into thin strips.
3. In a small bowl whisk together olive oil, lemon juice, honey, minced garlic, and chopped basil; season with salt and pepper.
4. In a large mixing bowl combine the cooled pasta, chicken strips, cherry tomatoes, cucumber, and red onion.
5. Pour the dressing over the salad, toss gently to coat, then fold in shaved Parmesan just before serving.

Nutrition per serving

420 kcal	30 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a creamier dressing, whisk in a spoonful of Greek yogurt.
- For extra crunch, add toasted pine nuts or sliced almonds.
- The salad can be made a day ahead; just keep the Parmesan separate until serving.