



Long Livo

Chicken Caesar Pasta Salad

15 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 cups cooked rotini pasta, cooled
- ☐ 1 cup cooked chicken breast, diced
- ☐ 2 cups romaine lettuce, chopped
- ☐ 1/2 cup grated Parmesan cheese
- ☐ 1/4 cup Greek yogurt
- ☐ 2 tbsp olive oil

- ☐ 1 tbsp lemon juice
- ☐ 1 tsp Dijon mustard
- ☐ 1 garlic clove, minced
- ☐ Salt and freshly ground black pepper to taste

Optional Add-ins

- ☐ 1/4 cup toasted pine nuts
- ☐ 2 tbsp crumbled feta cheese
- ☐ A handful of cherry tomatoes, halved

Instructions

- 1 Season the chicken with a pinch of salt and pepper, then sear in a skillet over medium-high heat for 4-5 minutes until golden; set aside to cool.
- 2 Cook the rotini according to package directions until al dente, drain, and rinse under cold water to stop cooking.
- 3 In a large bowl, whisk together Greek yogurt, olive oil, lemon juice, Dijon mustard, minced garlic, and a dash of salt and pepper until smooth.
- 4 Add the cooled pasta, chicken pieces, and romaine lettuce to the bowl; gently toss to coat everything in the creamy dressing.
- 5 Stir in grated Parmesan, taste, and adjust seasoning; sprinkle optional pine nuts or feta if desired.
- 6 Serve immediately at room temperature or chill for 15 minutes; enjoy as a light lunch or picnic staple.

Nutrition per serving

420 kcal

Calories

30 g

Protein

38 g

Carbs

18 g

Fat

Tips & notes

- If you prefer a tangier dressing, add an extra half-lemon wedge.
- For extra crunch, toss in toasted breadcrumbs just before serving.
- The salad tastes even better the next day once flavors have melded.