



Long Livo

Pasta Salad with Chicken & Parmesan

15 min

Prep time

4

Servings

10 min

Cook time

Easy

Difficulty

25 min

Total time

Italian-American

Cuisine

Ingredients

Main Ingredients

- ☐ 8 oz rotini pasta
- ☐ 2 cups cooked chicken breast, shredded
- ☐ 1 cup cherry tomatoes, halved
- ☐ 1/2 cup cucumber, diced
- ☐ 1/3 cup red onion, thinly sliced
- ☐ 1/2 cup fresh Parmesan, grated
- ☐ 2 tbsp extra-virgin olive oil
- ☐ 1 tsp lemon zest
- ☐ 2 tbsp red wine vinegar
- ☐ 1 tsp honey
- ☐ Salt and freshly ground black pepper to taste

Instructions

- 1 Bring a large pot of salted water to a boil, add the rotini, and cook until al dente—about 8 minutes.
- 2 Drain the pasta, rinse under cold water, and set aside in a large bowl.
- 3 In a small jar, whisk together olive oil, lemon zest, red wine vinegar, honey, salt, and pepper; this is your bright dressing.
- 4 Pour the dressing over the warm pasta, tossing gently so each piece glazes.
- 5 Add the shredded chicken, tomatoes, cucumber, and red onion; toss again until evenly mixed.
- 6 Finish with the generous handful of grated Parmesan, give one last light toss, and let the salad rest for 15 minutes.

Nutrition per serving

420 kcal

Calories

28 g

Protein

45 g

Carbs

14 g

Fat

Tips & notes

- If you prefer a creamier texture, stir in a spoonful of Greek yogurt after adding the dressing.
- For extra herbaceous notes, sprinkle fresh basil or parsley just before serving.
- Adjust the honey slightly if the vinegar feels too sharp.