

Treasure Barrel

Chicken Caesar Pasta Salad – Ready in 20 Minutes

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 chicken breasts, grilled and sliced
- [ ] 4 cups romaine lettuce, torn
- [ ] 1/2 cup shaved Parmesan cheese
- [ ] 1/3 cup Caesar dressing (store-bought or homemade)
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste

Optional Add-ins

- [ ] 1/4 cup toasted pine nuts for crunch
- [ ] 2 tbsp chopped fresh parsley

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. While the pasta cooks, season the chicken breasts with salt, pepper, and a drizzle of olive oil; grill on medium-high heat for 5-6 minutes per side until golden.
3. Drain the pasta, rinse briefly with cold water to stop cooking, and transfer back to the pot.
4. Whisk the Caesar dressing with lemon juice, then pour over the warm pasta; toss gently so the sauce coats each piece.
5. Add the torn lettuce, sliced chicken, and shaved Parmesan; give everything a light toss and serve immediately.

Nutrition per serving

420 kcal	30 g	38 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dressing feels thick, loosen with a splash of milk or extra lemon juice.
- For extra crunch, toast the pine nuts just before adding.
- Taste and adjust seasoning after the final toss; a pinch of salt can brighten the flavors.