

Treasure Barrel

Healthy Chicken Pasta Salad with Avocado, Tomato & Basil

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

Ingredients

Main Ingredients

- [ ] 2 cups whole-wheat rotini pasta
- [ ] 1 large chicken breast (about 12 oz), grilled and sliced
- [ ] 1 ripe avocado, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/4 cup fresh basil leaves, torn
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Bring a pot of salted water to a boil, add the pasta, and cook until al dente, about 9 minutes. Drain and rinse under cold water to stop cooking.
2. While the pasta cools, grill the chicken breast over medium heat until it reaches an internal temperature of 165°F (74°C). Let rest 5 minutes, then slice into strips.
3. In a large bowl, whisk together olive oil, lemon juice, salt, and pepper. Toss the cooled pasta in the dressing until evenly coated.
4. Gently fold in the chicken, avocado, tomatoes, and basil. Taste and adjust seasoning, then serve immediately or refrigerate.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep the avocado separate until the final step to maintain its creamy texture.
- If you prefer a tangier note, add a splash more lemon juice just before serving.
- For added crunch, sprinkle toasted pine nuts or sliced almonds on top.