

Treasure Barrel

Pasta Salad Cups – Fresh Quick Comfort Dish

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Italian-American** Cuisine

Ingredients

Main Ingredients

- ▢ 8 oz tri-color rotini pasta
- ▢ 1 cup cherry tomatoes, halved
- ▢ 1 cup cucumber, cut into thin ribbons
- ▢ ½ cup diced red bell pepper
- ▢ ¼ cup crumbled feta cheese
- ▢ 2 tbsp fresh basil, torn

Dressing

- ▢ 3 tbsp extra-virgin olive oil
- ▢ 2 tbsp lemon juice
- ▢ 1 tsp honey
- ▢ ½ tsp Dijon mustard
- ▢ Salt and freshly cracked 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 9 minutes. Drain and rinse under cold water to stop cooking.
2. While the pasta cooks, whisk together olive oil, lemon juice, honey, Dijon, salt, and pepper in a small bowl. This is your bright vinaigrette.
3. Place the cooled pasta in a large bowl, pour half of the dressing over it, and toss gently. The warm pasta will absorb the flavors.
4. Fold in cherry tomatoes, red bell pepper, and cucumber ribbons, then drizzle the remaining dressing. Toss just enough to coat.
5. Spoon the mixture into clean, dry cup-shaped silicone molds or small glass tumblers, pressing lightly to fill.
6. Top each cup with crumbled feta and fresh basil. Chill for 10 minutes before serving.
7. Serve cold, perhaps alongside a light soup or a crisp white wine. Enjoy the handheld freshness.

Nutrition per serving

320 kcal	10 g	34 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like a creamier texture, stir in a tablespoon of Greek yogurt to the dressing.
- For a heartier version, add grilled chicken strips or cooked shrimp.
- Avoid over-mixing once the cucumbers are added; you want them to stay crisp.