

GREEK CHICKEN PASTA SALAD

A Refreshing and filling summer meal that is perfect for summer lunches on the patio. Its colorful medley of vegetables and tangy lemon garlic dressing will appeal to even the pickiest eaters.

PREP TIME

- Prep | 40 min
- Cook time | 20 min
- Total time | 1 hour

INGREDIENTS

MARINADE/ DRESSING

- 1 lemon
- 1/4 cup olive oil
- 3 cloves garlic, divided
- 1/2 Tbsp dried oregano
- 1/2 tsp salt
- freshly cracked pepper

SALAD

- 2 boneless, skinless chicken thighs
- 8 oz. dry pasta (Any shape, whole wheat preferred)
- 1 bell pepper (any color)
- 1/2 cup grape tomatoes
- 1/2 cucumber (1.5 cups diced)
- 1/4 bunch parsley
- 1/4 cup feta cheese, crumbled

DIRECTIONS:

- Use a zester or small-holed cheese grater to remove the zest from the lemon. Set the zest aside. Squeeze the juice from the lemon into a separate bowl.
- Prepare the dressing by mincing two cloves of garlic and combine them with lemon juice, olive oil, oregano, salt, some freshly cracked pepper, and a pinch of the lemon zest. Whisk these ingredients until well combined.
- Place the chicken thighs in a small zip lock bag and add half of the dressing, saving the rest to add to the salad later. Mince one more clove of garlic and add it to the bag with the chicken and marinade. Squeeze the air out and massage the bag to make sure the thighs are well coated in the marinade. Refrigerate the thighs for at least 30 minutes.
- While the chicken is marinating, cook the pasta according to the package directions, drain and let cool.
- Heat a skillet over a medium flame. Once hot, add the marinated chicken thighs and cook on each side until they are well browned and cooked through (about 5-10 minutes each side). There should be enough oil in the marinade to keep the meat from sticking. Remove the cooked chicken from the skillet and let it rest for about five minutes. Once slightly cooled, chop the chicken into smaller, bite-sized pieces.
- While the chicken is cooking, prepare the rest of the vegetables. Dice the cucumber and bell pepper. Slice the tomatoes in half (or dice if using Roma or regular tomatoes). Pull the parsley leaves from the stems and give them a rough chop.
- Finally, build the salad. Add the cooked and cooled pasta to a large bowl. Top the pasta with the cucumber, bell pepper, tomatoes, parsley, and chopped chicken. Crumble the feta over top and add a pinch or two of the lemon zest. Pour the remaining dressing over the salad and toss to coat. Serve immediately or refrigerate until ready to eat.



Nutrition Facts

Serving Size: 1 cup (149g)
Servings Per Container: 6

Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 310mg **13%**

Total Carbohydrate 32g **11%**

Dietary Fiber 5g **20%**

Sugars 3g

Protein 12g

Vitamin A 20%

Vitamin C 60%

Calcium 6%

Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.