

# ITALIAN CHICKEN PASTA SALAD

## INGREDIENTS

- 2 packets of Ideal Protein Rotini Pasta
- 1 tbsp. olive oil for sauce + 1 tbsp.
- 1 tbsp. lemon juice
- 1 tbsp. apple cider vinegar
- 1/2 tbsp. Italian seasoning
- 1 tsp. lemon zest
- 1/4 tsp. salt - or to taste
- 1/4 tsp. pepper - or to taste
- 1/8 tsp. cayenne pepper - optional and to taste
- 1/2 lb. boneless skinless chicken breasts - diced into bite-sized pieces
- 1/2 cup Roma tomatoes - diced
- 1/2 cup fresh basil leaves - sliced thinly
- 1/2 cup cucumber - peeled and diced
- 1/4 cup grated parmesan cheese (For Maintenance only)

## PREPARATION

1. Cook IP Rotini according to package directions, drain, place in a large bowl, and set aside.
2. In a medium bowl or large measuring cup, add 2 tbsp. olive oil, lemon juice, apple cider vinegar, Italian seasoning, lemon zest, salt, pepper, and whisk to combine. Set sauce aside.
3. In a large skillet, add 1 tbsp. olive oil, add chicken and season with salt and pepper to taste, and cook over medium-high heat for about 5 minutes. Flip intermittently so all sides cook evenly. Cooking time may vary based on thickness of chicken breasts and sizes of pieces. It should be cooked about 90% through.
4. Add the sauce. Allow it to bubble at a medium-fast boil for about 3 to 4 minutes or until sauce has reduced some and chicken is cooked through.
5. Stir sauce and flip chicken intermittently throughout. Add chicken and remaining liquid to the pasta bowl.
6. Add the tomatoes, basil, cucumber, cheese, and toss gently to combine. Taste and check for seasoning balance and make any necessary adjustments before serving.
7. Enjoy!

