



Chicken Avocado Pasta Salad

Ingredients

- 2 cooked and shredded chicken breasts
- 1 avocado, diced
- 1 box of pasta
- 1 cup grape or cherry tomatoes
- ¼ cup red onion, thinly sliced
- ½ cup fresh basil, chopped
- Salt and pepper, to taste
- ½ cup balsamic vinegar
- ¾ cup extra virgin olive oil

Directions:

1. Cook pasta according to box instructions; Transfer to a large bowl and allow to cool
2. Add shredded chicken, red onion, tomatoes, basil, and avocado
3. In a small bowl, combine dressing ingredients and whisk together
4. Add dressing to pasta salad and toss to coat
5. Serve and enjoy!

Equipment

Pot, small bowl, large bowl,
Salad tongs or large spoons

Cost:



Ease:



Health Benefit: Chicken is a great source of lean protein for weight maintenance and energy. Tomatoes contain vitamin C for immunity. Avocado and olive oil are heart healthy sources of fats.