

Bite Spoon

Easy High Protein Pasta Salad

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

Ingredients

Main Ingredients

- [ ] 8 oz whole-grain fusilli pasta
- [ ] 2 cups cooked chicken breast, sliced
- [ ] 1 cup canned chickpeas, rinsed and drained
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ cup red bell pepper, diced
- [ ] ½ cup cucumber, diced
- [ ] ¼ cup red onion, thinly sliced
- [ ] 2 tbsp fresh parsley, chopped

For the Dressing

- [ ] ¼ cup Greek yogurt
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp red wine vinegar
- [ ] 1 tsp honey
- [ ] ½ tsp Dijon mustard
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Bring a large pot of salted water to a boil, add the fusilli and cook until al dente, about 8-9 minutes.
2. Drain the pasta, rinse under cold water, and set aside to cool completely.
3. In a small bowl, whisk together Greek yogurt, olive oil, lemon juice, red wine vinegar, honey, Dijon mustard, salt, and pepper until smooth.
4. In a large mixing bowl, combine the cooled pasta, chicken, chickpeas, tomatoes, bell pepper, cucumber, onion, and parsley.
5. Pour the dressing over the salad, toss gently to coat all ingredients evenly.
6. Let the salad rest for 10 minutes, then serve chilled or at room temperature, garnished with extra parsley if desired.

Nutrition per serving

380 kcal	30 g	35 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a tangier profile, increase the lemon juice by half a tablespoon.
- Feel free to add a handful of toasted pine nuts for extra crunch.
- The salad tastes even better the next day as the flavors meld.