

Helergon Kitchen

Healthy Chicken Pasta Salad with Avocado, Tomato & Basil

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean-American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups cooked whole-wheat pasta, cooled
- [ ] 2 chicken breasts, grilled and sliced
- [ ] 1 ripe avocado, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] ¼ cup fresh basil leaves, thinly sliced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Optional Add-Ins

- [ ] ¼ cup crumbled feta cheese
- [ ] ½ cup sliced black olives

Instructions

1. Season the chicken breasts with salt, pepper, and a drizzle of olive oil; grill over medium heat until cooked through, about 6-7 minutes per side. Let rest, then slice into strips.
2. Cook the pasta in salted water until al dente, drain, and rinse under cold water to stop cooking; set aside to cool.
3. In a large bowl, whisk together olive oil, lemon juice, a pinch of salt, and pepper; this creates a light vinaigrette.
4. Add the cooled pasta to the dressing, toss gently, then fold in chicken, avocado, tomatoes, and basil. Creamy chicken inspired the creamy texture, but here we keep it bright.
5. Taste and adjust seasoning; sprinkle feta or olives if using. Serve immediately or chill for an hour.

Nutrition per serving

420 kcal	32 g	38 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the avocado begins to brown, a splash of lemon juice helps preserve its green hue.
- For extra crunch, toast pine nuts and sprinkle on top.
- Greek pasta salad often adds cucumber; feel free to include a few cubes for freshness.