

Heather's Greek Pasta Salad

Ingredients:

- 500 grams rotini pasta
- 15 chicken tenderloins or 4-5 chicken breasts
- 2 bell peppers diced small
- 1 long english cucumber diced small
- ½ red onion or sweet yellow onion small
- (You can dice up some cherry tomatoes too, but I'm not a fan so I don't ;)
- ¾ or 1 cup feta cheese crumbled
- ½ cup of **real** grated parmesan or padano cheese (not powdered)

Dressing

- ½ - ¾ Cup Olive Oil
- 5 Tbsp white wine vinegar (you can use red wine vinegar if you prefer)
- 1 tsp Dijon mustard
- 1 heaping tbsp italian seasoning
- 1 tsp sugar
- 1 ½ tsp salt (to your taste)
- 2 tsp garlic powder
- Cracked pepper to taste
- Whisk together or blend with hand blender

Directions:

- Dice the bell peppers, cucumber, and red onion. Set aside.
- Make up the sauce and blend together with hand blender or whisk together if you don't have one
- In a bowl measure the parmesan cheese and crumble the feta cheese
- Bring large pot of water to a boil
- Add the rotini and follow cook time directions (al dente, don't overcook!)
- Salt the water
- When pasta is finished cooking rinse in a strainer with cold water until cooled down

- Heat up a large pan and put in a couple tablespoons of oil
- If you're using chicken breasts, cut into cubes
- If you're using chicken tenderloins you can add them straight to the pan frozen
- Add chicken and season with italian seasoning and garlic powder
- Cook over medium heat until it starts to brown, then flip
- Cook until it has no pink in the middle or use a thermometer (should be at least 265 degrees in the middle)
- Remove from heat
- Get a large bowl and add pasta, peppers, cucumber, onion
- Pour the sauce over and thoroughly coat everything

- Add the parmesan and feta cheeses
- Add the cooked chicken
- Mix all together

Serve immediately or cover and chill it in the fridge till you're ready to serve.
(I like to serve it with warmed up Naan bread and tzatziki on the side)

