

# Skinny Italian Chicken Pasta Salad

Yield: 10 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-pasta-salad-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons chicken
- 4 tablespoons lemon juice
- 4 tablespoons apple cider vinegar
- 3 tablespoons honey
- 1 tablespoon Italian seasoning
- 2 teaspoons lemon zest
- 1 teaspoon kosher salt or to taste
- 1 teaspoon freshly ground black pepper or to taste
- 1/4 teaspoon cayenne pepper optional and to taste, does not make it spicy but adds lots of flavor
- 12 ounces rotini pasta cooked according to package directions in salted water, bowtie or ziti may be substituted
- 1 1/4 pounds boneless skinless chicken breasts diced into bite-sized pieces and seasoned with salt and pepper
- 2 cups broccoli florets
- 1 orange bell pepper or yellow, diced small
- 1 cup cherry tomatoes halved,, your favorite tomatoes may be substituted
- 1 cup cucumber diced small
- 3 green onions sliced into thin rounds
- fresh herbs optional
- mint optional

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 40 milligrams
4. Fat: 5 grams

5. Fiber: 3 grams
  6. Protein: 18 grams
  7. SaturatedFat: 1 grams
  8. Sodium: 320 milligrams
  9. Sugar: 9 grams
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