

# Easy High-Protein Italian Pasta Salad



Servings: 6 - 8

20 minutes

## INGREDIENTS

### Salad

- 1 package pasta, cooked
- (about 12–16 oz dry pasta, any short shape)
- 2 (12-oz) cans chicken breast in water, drained and shredded
- 2 small crowns broccoli, chopped into bite-size pieces
- 2 bell peppers, diced
- (or about 6–8 small colorful sweet peppers, chopped)
- ½ cup sliced black olives
- ½ cup sliced green olives, pimento-stuffed

### Italian Dressing (DOUBLE BATCH)

- 1 cup extra-virgin olive oil
- 5 tablespoons white wine vinegar
- 2 teaspoons sugar
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon dried oregano
- 4 tablespoons grated Parmesan cheese

## DIRECTIONS

### Make the Dressing.

(This recipe uses a double batch of dressing. The amounts in this recipe are already doubled.)

1. Add all dressing ingredients to a large jar or bowl.
2. Whisk or shake well until fully combined.
3. Let sit for 10–15 minutes so the flavors can meld.
4. Taste and adjust seasoning if needed.

### Make the Pasta Salad

1. Chop the broccoli and bell peppers and add them to a large bowl.
2. Cook the pasta according to package directions. Drain well.
3. While the pasta is still hot, add it directly on top of the vegetables.
4. Let sit for about 5 minutes so the heat slightly softens the broccoli and peppers.
5. Add the shredded chicken, black olives, and green olives.
6. Pour the double batch of Italian dressing over the salad.
7. Toss until everything is well combined.
8. Refrigerate for at least 30 minutes before serving to allow the flavors to meld.

### Storage

Store in an airtight container in the refrigerator for up to 4–5 days. Stir before serving and add a little extra dressing if needed.

Nutrition per serving (approximate): Calories: 420 Protein: 32g Fat: 20g Carbohydrates: 32g Fiber 4g