



Mediterranean Pasta Salad

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Ingredients

Salad

8 oz dry pasta
2 cups cherry tomatoes, halved
½ can chickpeas, drained and rinsed
2 cups arugula
1 cup cucumbers, sliced into half moons
1 cup crumbled feta cheese
2 cups fresh herbs – I like basil, dill and mint.
¼ cup toasted pine nuts

Dressing

¼ cup extra-virgin olive oil
3 tablespoons lemon juice
1 teaspoon Dijon mustard
3 garlic cloves, minced
1 teaspoon Italian seasoning
¼ teaspoon red pepper flakes
¾ teaspoon sea salt

Instant Pot Mediterranean Chicken (optional)

2 boneless, skinless chicken breasts (about 1 lb)
1 cup low-sodium chicken broth
1/2 teaspoon turmeric
1/2 teaspoon thyme
1/2 teaspoon cumin
1/2 teaspoon paprika
1/2 teaspoon red pepper (optional)
Salt and pepper (to taste)





Instructions:

1. Bring a large pot of salted water to a boil. Prepare the pasta according to the package directions.
2. If adding chicken to the pasta salad: add the chicken to the instant pot with the chicken broth. Cook for 10 minutes on Manual > High-Pressure. When the Instant Pot beeps to indicate it is finished, allow the steam to release naturally for 10 minutes. Remove the chicken from the Instant Pot and shred.
3. Next, make the dressing. Whisk together the olive oil, lemon juice, mustard, garlic, Italian seasoning, red pepper flakes and salt in a small bowl. Set aside.
4. Drain the pasta, toss it with a bit of olive oil (this prevents it from sticking as one big clump), and let it cool to room temperature.
5. In a large serving bowl, mix pasta, tomatoes, chickpeas, arugula, cucumbers, feta cheese, basil, parsley, mint, pine nuts and chicken (if using). Pour the dressing into the bowl and toss to coat.

Meal Prep Tip: The flavors in this salad meld together wonderfully while it sits in the fridge. But I recommend adding the arugula right before serving if you are making ahead. This way the leaves don't wilt too much.