

# BEYOND HUNGER

## Greek Chicken Pasta Salad

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*This refreshing and filling summer meal is perfect for summer lunches on the patio! Its colorful medley of vegetables and tangy lemon garlic dressing will appeal to even the pickiest eaters.*

**Yields:** 6 servings

**Serving Size:** 1 cup

### Ingredients for the Marinade/Dressing

- 1 lemon
- ¼ cup olive oil
- 3 cloves of garlic, divided
- ½ Tbsp dried oregano
- ½ tsp salt
- freshly cracked pepper

### Ingredients for the Sald

- 2 boneless, skinless chicken thighs
- 8 oz. dry pasta (any shape)
- 1 bell pepper (any color)
- ½ cup grape tomatoes
- ½ cucumber (about 1.5 cups diced)
- ¼ bunch parsley
- ¼ cup feta cheese, crumbled

### Instructions:

1. Use a zester or cheese grater to remove the zest from the lemon. Set the zest aside. Squeeze the lemon juice into a separate bowl.
2. Prepare the dressing: Mince two cloves of garlic and combine it with the lemon juice, olive oil, oregano, salt, and pepper. Add a pinch of lemon zest. Whisk these ingredients until well combined.
3. Place the chicken thighs in a Ziploc bag with ½ of the dressing. Save the remaining dressing for the salad (later). Mince one more garlic clove and add it to the bag with the chicken and marinade. Squeeze the air out and massage the bag to make sure the thighs are well-coated in the dressing. Refrigerate for at least 30 minutes.
4. While the chicken marinades, cook the pasta according to the package directions. Drain it and let it cool.
5. Heat a skillet over medium heat. Once hot, add the marinated chicken thighs and cook on each side until well browned and cooked through (5-10 minutes/side). The marinade should have enough oil to keep the meat from sticking. Remove the chicken from the skillet and let it rest for 5 minutes. Once cooled, chop the chicken into smaller, bite-sized pieces.
6. While the chicken is cooking, prepare the rest of the vegetables. Dice the cucumber and bell pepper. Slice the tomatoes in half. Pull the parsley leaves from the stems and give them a rough chop.
7. Finally, build the salad. Add the cooked and cooled pasta to a large bowl. Top the pasta with the cucumber, bell pepper, tomatoes, parsley, and chopped chicken. Crumble the feta cheese over the top and add a pinch or two of lemon zest. Pour the remaining dressing over the salad and toss to coat. Serve immediately or refrigerate until ready to eat.

