

DINNER

# Chicken and Pesto Pasta Salad

4 October 2026

| TOTAL TIME | PREP   | COOK   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|--------|-------------|----------|
| 30 min     | 10 min | 20 min | 4      | \$1.52      | 262 kcal |

Chicken and Pesto Pasta Salad might be just the main course you are searching for. This recipe serves 4 and costs \$1.52 per serving. One portion of this dish contains approximately 17g of protein, 11g of fat, and a total of 262 calories. 1 person has tried and liked this recipe.

## Ingredients

- ☐ 0.1 teaspoon black pepper
- ☐ ¼ cup sliced leek
- ☐ 1¾ cups uncooked small seashell pasta
- ☐ ¼ cup pine nuts, toasted
- ☐ ¼ teaspoon salt
- ☐ 1 cup chopped cooked chicken breast
- ☐ 3 tablespoons preshredded Parmesan cheese
- ☐ 2 tablespoons commercial pesto
- ☐ ¼ cup diced red bell pepper

EQUIPMENT Bowl

## Method

- 1

Cook pasta according to package directions, omitting salt and fat; drain. Rinse with cold water; drain.
- 2

Combine pasta and remaining ingredients in a large bowl.
- 3

Serve immediately, or cover and chill.

## Nutrition per serving

**262**

KCAL

**17 g**

PROTEIN

**11 g**

FAT

**23 g**

CARBS

|               |                              |
|---------------|------------------------------|
| Saturated Fat | 1.9 g · 12% of daily needs   |
| Fibre         | 1.6 g · 6% of daily needs    |
| Sugar         | 1.9 g · 2% of daily needs    |
| Sodium        | 305 mg · 13% of daily needs  |
| Cholesterol   | 32.9 mg · 11% of daily needs |
| Vitamin C     | 12.7 mg · 15% of daily needs |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/chicken-and-pesto-pasta-salad-147815](https://whatsheate.com/chicken-and-pesto-pasta-salad-147815)