

SIDE DISH

Parmesan Pasta Salad

28 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$1.52	226 kcal

Welcome to a delightful culinary experience with our Parmesan Pasta Salad, a dish that perfectly balances flavor and freshness. This vibrant salad is not just a side dish; it can elevate any meal as a starter or antipasti and even serve as a satisfying snack. With a preparation time of just 45 minut...

Ingredients

- ☐ 2 pints cherry tomatoes (halved)
- ☐ 1 pound cooked small pasta shells
- ☐ ¼ cup chopped fresh chives
- ☐ ¼ cup extra-virgin olive oil
- ☐ 4 ounces Parmesan (broken into small pieces with a fork)
- ☐ 8 servings Salt and pepper

Method

- 1

Toss pasta shells with cherry tomatoes, Parmesan, olive oil, chives, 1 teaspoon salt, and 1/4 teaspoon pepper.

Nutrition per serving

226

KCAL

10 g

PROTEIN

11 g

FAT

23 g

CARBS

Saturated Fat	3.4 g · 21% of daily needs
Fibre	1.9 g · 8% of daily needs
Sugar	3.4 g · 4% of daily needs
Sodium	435 mg · 19% of daily needs
Cholesterol	9.6 mg · 3% of daily needs
Vitamin C	27.7 mg · 34% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/parmesan-pasta-salad-146118