

# Italian Chicken Pasta Salad

*A tasty recipe from ThePeacefulMom.com*

## Ingredients

16 oz. box of garden rotini (use quinoa pasta if making this gluten free\*)

2 cups shredded baked chicken

1/2 yellow or red onion, chopped

1 green pepper, seeded and diced

2 small carrots, diced

15 ounce can sliced pitted black olives

1/2 tablespoon salt

1/2 tablespoon dried basil

1-2 cups Italian Salad Dressing (depending on taste--we like less)

## Directions

Prepare rotini according to package directions (You want it *al dente* so be careful not to over cook it.). Drain and rinse pasta and set aside.

Add chicken, vegetables and spices and stir to combine. Add desired amount of Italian dressing and stir until all ingredients are well-coated. Refrigerate for 1 to 4 hours to allow flavors to blend. This salad is even better the next day.

Serves 6.

*\*Note: If using gluten free pasta, prepare only the amount of pasta you will eat. The quinoa and rice pastas do not hold up well in this recipe.*

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