

Pasta Salad Florentine with Basil Marinated Chicken



Makes:

12 servings

Utensil:

Saladmaster Food Processor
10 Qt./9.5 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
12" Chef's Gourmet Skillet
large mixing bowl

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Recipe:

Contributed By:

Chef John Lara
Personal chef to former U.S. President
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Recipe Description:

This beautiful and healthy one-dish meal will have your family begging for seconds! And it's very adaptable to substituting vegetables and vinaigrette, depending on your individual taste and what you have on-hand.

2 ½ pounds
chicken, boned, skinned, cut into 1-inch (2.5-cm) wide strips
(1.13
kg)
½ cup
pesto with basil, reduced fat
(78
g)

Directions:

1. Combine chicken and ½ cup (78 grams) pesto and allow to marinate at least one hour. This can be done the night before serving.
2. In roaster and pasta inset bring 3-quarts of water to a rolling boil. Slowly add pasta stirring constantly until a rolling boil begins again. Cook approximately 10 - 15 minutes or until al dente.
3. Pull pasta inset from roaster pan and rinse pasta with cold water. Place pasta in large bowl.
4. Combine pasta with pesto, broccoli, black olives, spinach, tomatoes, parmesan cheese, mozzarella cheese, onion and vinaigrette. Toss gently. Place in refrigerator to chill.
5. When ready to serve, preheat skillet over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place chicken in pan. Reduce heat to medium-low

- and cook until chicken starts to release from the bottom of pan, approximately 4 minutes. Turn and continue until cooked through, approximately 4 more minutes.
6. Place pasta on plate and top with approximately 3 ounces (84g) of heated chicken per person. Serve.

Tips:

- Have fun with this salad combination. Change the type of vinaigrette or combine different vegetables such as asparagus, mushrooms or artichokes.

Nutritional Information per

▼ Serving

Calories: 421
Total Fat: 22g
Saturated Fat: 7g
Cholesterol: 53mg
Sodium: 844mg
Total 32g
Carbs:
Dietary Fiber: 3g
Sugar: 7g
Protein: 22g