

Sneaky Chicken Pasta Salad

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You can substitute a chicken from your own oven and homemade pesto, of course, but if you're trying to get as many nutrients into a certain someone in as little time as possible, use the rotisserie bird and pre-made pesto. And if your audience is a little less picky, add chopped Sungold tomatoes, goat cheese or feta, or any other vegetables popular at your house.

TIME: 20 minutes

MAKES: 6 to 8 servings

2 cups broccoli florets

8 ounces (1 cup) basil pesto

1 pound whole wheat fusilli (or other small pasta)

3 tablespoons olive oil

1 store-bought rotisserie chicken, skin removed, meat shredded

Put a large pot of salted water on to boil for the pasta.

Fill a small saucepan with about an inch of water, bring to a boil, and add the broccoli. Steam for about 5 minutes, or until tender, then set aside to drain.

Transfer the pesto to a food processor, add the broccoli, and whirl until completely smooth.

Cook the pasta according to package instructions, and drain. Transfer to a big bowl and toss with the broccoli pesto, olive oil, and shredded chicken. Serve warm or cold.