

Chicken Pasta Salad

cook & prep time
about 20 minutes

things you need

4 cups
penne pasta

½ lb
snow peas, trimmed

2
large tomatoes

1/3 cup
light mayonnaise

¼ cup
buttermilk

1
clove garlic, minced

¼ tsp
each salt and pepper

2
cooked chicken breast, cut into chunks

1/3 cup
fresh basil, chopped (or 2 tsp dry basil)

here's how

1. In a large pot of boiling water, cook pasta for about 11 minutes, or until tender but slightly firm.
2. Add snow peas; cook for 1 minute. Drain, refresh under cold water and drain again.
3. Meanwhile, core tomatoes, chop one up coarsely and set aside.
4. Quarter other tomato and puree in food processor or blender. Add mayonnaise, buttermilk, garlic, salt and pepper to the blender; puree until smooth. This dressing

can be covered and refrigerated for up to 8 hours.

5. In a large bowl, toss pasta and snow peas with reserved tomato, chicken, chopped basil and dressing. Taste and adjust seasoning if needed. Garnish with basil leaves.

Healthier option: can substitute whole grain penne pasta in place of regular white penne pasta. Follow package instructions for how long it should be cooked.