

Turmeric & Honey Chicken Pasta Salad

By Chef Stephen



INGREDIENTS:

- 1 lb. chicken breast, raw
- 1 Tbsp. olive oil
- 16 oz. whole grain rotini pasta, cooked
- 1 cup celery, diced
- 1 1/4 cups nonfat, plain Greek yogurt
- 2 Tbsp. basil, chopped
- 1/2 cup seedless red grapes, diced
- 2 Tbsp. sunflower seeds
- 2 Tbsp. honey
- 2 Tbsp. turmeric
- 1/2 tsp. cumin
- salt & pepper to taste

DIRECTIONS:

1. Add oil to pan and sear chicken breast on both sides. Cook until internal temperature reaches 165°F.
2. Cool chicken and cut into medium dice.
3. Boil rotini as instructed on the box.
4. Drain rotini and combine all ingredients in a medium bowl and mix well.
5. Season to taste.

MEAL KIT SHOPPING LIST



30 min

Yield: 6 servings



1 lb. red seedless grapes



1 lb. chicken breast



1 oz. basil leaves



3 x 5.3 oz. plain, nonfat greek yogurt



1 bunch celery



16 oz. whole grain rotini pasta



sunflower seeds

Seasonings and more:

- Black pepper
- honey
- cumin
- olive oil
- salt
- turmeric powder

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Cooking at Home

Grocery cost: \$24.31

Recipe cost: \$12.97

Cost per meal: \$2.16

*prices found at Wegmans as of April 2023