

Cilantro-Lime Pasta Salad by Lynn's Recipes



Lynn demonstrates a delicious Cilantro-Lime Pasta Salad. This would be perfect for lunch or even a light dinner. Adapted from Better Homes and Garden. 5 servings.

Ingredients:

- 4 ounces dried whole wheat rotini pasta
- 1/4 cup lime juice
- 1/4 cup fresh cilantro leaves
- 2 Tablespoons olive oil
- 1 Tablespoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 pound boneless/skinless chicken breasts
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1-1/2 cups grape tomatoes, halved
- 1 cup finely chopped red onion
- 1 medium mango cut into 1/2" pieces
- 1 medium avocado, cut into 1/2" pieces
- 3/4 cup chopped yellow sweet pepper
- 3/4 cup chopped red sweet pepper
- 1 jalapeno, finely chopped
- Lime wedges, (opt.)

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Sprinkle the chicken breasts with salt and pepper. Roast the chicken in the oven at 350° until done. Cut chicken into bite size pieces, when cool enough to handle.

Cook pasta according to package directions, drain.

For the dressing, in a blender, combine lime juice, cilantro oil, sugar, 1/2 teaspoon salt, garlic powder, cumin, and cayenne pepper. Cover and blend about 30 seconds or until well mixed. Set aside.

In a large bowl, combine pasta, chicken, tomatoes, red onion, mango, avocado, sweet peppers, and jalapeno pepper. Pour dressing over pasta mixture; toss gently to coat. Serve with lime wedges if desired.

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