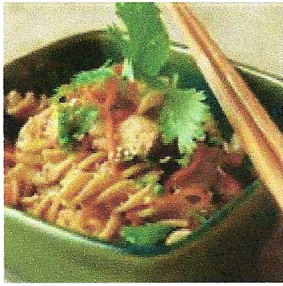


Sesame Pasta Chicken Salad



Rated: ★★★★★

Submitted By: ohines

Photo By: chibi chef

Prep Time: 20
Minutes

Ready In: 30
Minutes

Cook Time: 10
Minutes

Servings: 10

"A refreshing light pasta salad with a delicious Asian flair. Great for a summer cookout or picnic."

INGREDIENTS:

- | | |
|------------------------------------|---------------------------------------------|
| 1/4 cup sesame seeds | ginger |
| 1 (16 ounce) package bow tie pasta | 1/4 teaspoon ground black pepper |
| 1/2 cup vegetable oil | 3 cups shredded, cooked chicken breast meat |
| 1/3 cup light soy sauce | 1/3 cup chopped fresh cilantro |
| 1/3 cup rice vinegar | 1/3 cup chopped green onion |
| 1 teaspoon sesame oil | |
| 3 tablespoons white sugar | |
| 1/2 teaspoon ground | |

DIRECTIONS:

1. Heat a skillet over medium-high heat. Add sesame seeds, and cook stirring frequently until lightly toasted. Remove from heat, and set aside.
2. Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente. Drain pasta, and rinse under cold water until cool. Transfer to a large bowl.
3. In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.
4. Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.

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