

Easy Greek Pasta Salad with Grilled Chicken and Tzatziki

Creamy, tangy, herby, and protein-packed-this



TIME
7 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Grilled Chicken:

- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- Salt and pepper, to taste
- 1 tablespoon lemon juice

For the Pasta Salad:

- 8 oz pasta (penne, rotini, or fusilli)
- 1 cucumber, diced
- ... red onion, thinly sliced
- ... cup Kalamata olives, chopped (optional)
- ... cup feta cheese, crumbled (optional)

For the Tzatziki Dressing:

- $\frac{1}{2}$ cup Greek yogurt
- 2 tablespoons cucumber, grated and drained
- 1 clove garlic, minced
- 1 tablespoon fresh dill (or 1 teaspoon dried dill)

DIRECTIONS

1. ? 1. Grill the Chicken: Preheat your grill or grill pan to medium-high heat.
2. Rub chicken with olive oil, oregano, garlic powder, salt, pepper, and lemon juice.
3. Grill for 5-7 minutes per side, until internal temp reaches 165°F (74°C).
4. Let rest, then slice into strips or bite-sized chunks.
5. ? 2. Cook the Pasta: Bring a large pot of salted water to a boil.
6. Cook pasta according to package instructions.
7. Drain and set aside to cool.
8. ? 3. Make the Tzatziki Dressing: In a bowl, whisk together Greek yogurt, grated cucumber, olive oil, lemon juice, garlic, and dill.
9. Season with salt and pepper.
10. Adjust consistency with more lemon juice or oil if needed.
11. ? 4. Assemble the Salad: In a large bowl, combine cooled pasta, cucumber, red onion, olives (if using), and feta (if using).
12. Add grilled chicken and pour tzatziki dressing over the top.
13. Toss gently to combine and coat everything evenly.
14. ? 5. Serve: Serve immediately, or chill for 30 minutes for a refreshing, cold pasta salad.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-greek-pasta-salad-with-grilled-chicken-and-tzatziki/>