

# TOASTED SESAME PASTA CHICKEN SALAD

## INGREDIENTS

- 1/4 C Sesame seeds
- Water
- Pinch Salt
- 1 box Whole wheat **OR** Gluten-free farfalle, fussili **OR** spiral pasta (smallest is best)
- 1/2 C Extra virgin olive oil
- 1/3 C Tamari sauce (low-sodium)
- 1/3 C Vinegar (rice)
- 1 t Sesame oil
- 3 T Sugar substitute
- 1/2 t Ginger (ground)
- 1/4 t Black pepper
- 3 C Chicken breast (cooked) (shredded)
- 12 Tomatoes (pear or cherry) (cut in 1/2)
- 1/3 C Cilantro (chopped)
- 1/3 C Scallions (green onion) (chopped)



## DIRECTIONS

- 1 Heat a pan to a medium-high heat & add the sesame seeds stirring frequently until lightly toasted
- 2 Remove the pan from the stove & set aside
- 3 Bring a large pot of lightly salted water to a boil & add the pasta
- 4 Cook uncovered for 8 - 10 minutes or until al dente
- 5 Drain the pasta & rinse under cold water until cool & let the pasta sit in the collander for 15 minutes
- 6 Transfer the pasta to a large bowl
- 7 In a jar with a tight fitting lid, combine the oil, tamari, vinegar, sesame oil, Splenda, sesame seeds, ginger & pepper
- 8 Shake the bottle a couple of times & then pour the sesame dressing over the pasta
- 9 Toss the pasta so the dressing coats evenly
- 10 Gently mix in the chicken, tomatoes, cilantro & green onions

## NOTE

Another way to toast the sesame seeds is to put them on aluminum foil & toast them in your toaster oven but stay close to the toaster to make sure to take them out before they burn

