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Chicken and Blueberry Pasta Salad

Prep Time: 15 mins

Cook Time: 35 mins

Total Time: 50 mins

Ingredients

- 1 pounds chicken, breast, boneless, skinless, trimmed of fat
- 8 ounce(s) pasta, whole-wheat, fusilli, or radiatore
- 3 tablespoon oil, olive, extra virgin
- 1 large shallot(s), thinly sliced
- 1/3 cup(s) broth, reduced-sodium chicken
- 1/3 cup(s) cheese, feta, crumbled
- 3 tablespoon lime juice
- 1 cup(s) blueberries
- 1 tablespoon thyme, fresh, chopped
- 1 teaspoon lime zest, freshly grated
- 1/4 teaspoon salt

Preparation

1. Place chicken in a skillet or saucepan and add enough water to cover; bring to a boil. Cover, reduce heat to low and simmer gently until cooked through and no longer pink in the middle, 10 to 12 minutes. Transfer the chicken to a cutting board to cool. Shred into bite-size strips.

2. Bring a large pot of water to a boil. Cook pasta until just tender, about 9 minutes or according to package directions. Drain. Place in a large bowl.

3. Meanwhile, place oil and shallot in a small skillet and cook over medium-low heat, stirring occasionally, until softened and just beginning to brown, 2 to 5 minutes. Add broth, feta and lime juice and cook, stirring occasionally, until the feta begins to melt, 1 to 2 minutes.

4. Add the chicken to the bowl with the pasta. Add the dressing, blueberries, thyme, lime zest and salt and toss until combined.