

Pesto chicken salad with pickled grapes and arugula is the epitome of a refreshing summer dish! The complexity of flavors, textures, and ingredients creates a literal summer barbecue in your mouth!

Ingredients

- 1 lb grilled chicken (seasoned Italian/classic)
- 1 box pasta of choice (GF or grain free preferred)
- 10-15 red grapes (halved)
- Couple handfuls of arugula
- ½ cup red wine vinegar (to pickle grapes)
- [Pesto](#) or premade pesto of choice
- ¼ cup pine nuts

Garnish

- Cheese of choice (ie goat, feta, parmigiano reggiano)



Directions

1. Using a food processor or mortar and pestle, prepare the pesto.
2. Chop grapes in half and pickle in red wine vinegar for 10-15 minutes.
3. Season chicken breasts with salt and pepper and your favorite seasonings and cook using your preferred method (oven, pan fry, air fry, instant pot).
4. Boil pasta and cook until al dente.
5. In a mixing bowl, mix in some of the green pesto to drain pasta. Chop up the chicken breasts into small chunks. Add the chicken and drained pickled grapes to the mixing bowl.
6. Finally, add baby arugula, top with toasted pine nuts and cheese.