

## Spaghetti Pasta Salad with Zucchini and Basil



You will need leftover chicken (or a prepared rotisserie chicken from your local market, check the ingredients) your favorite Italian dressing mix. Or even better, wink, my from scratch dry Italian dressing mix recipe below. It is free of preservatives and added things you can't pronounce. This is a migraine safe recipe. But, if you are not on a restricted diet you will find the substitutions in Katie's Tidbits. Please know your triggers and allergies before preparing a recipe from my blog. This recipe requires refrigerating overnight before serving.

This Italian dressing dry mix will be a welcome addition to your spice cabinet. If you missed any of my other home made spice recipes please click [HERE](#).

### What You Need For The Dry Mix

- 2 Tbsp. Garlic powder
  - 1 Tbsp. white sugar or another sugar substitute (I use Splenda)
  - 2 Tbsp. oregano (dry)
  - 1 tsp. Fresh ground black pepper
  - 1/4 tsp. Thyme (dry)
  - 1 tsp. Basil (dry)
  - 1 Tbsp. Parsley (dry)
  - 1/2 tsp. Celery salt
  - 2 Tbsp. Salt (optional)
  - Small mixing bowl
  - Whisk or fork
- What You Need for the Wet Mix
- 1/4 Cup White vinegar (distilled)
  - 2/3 Cup Canola oil
  - Air tight container

**Before You Start!** This recipe requires refrigeration **overnight or for 12 hours**. Prepare pasta as directed on package and rinse in cold water and set aside. Prepare dressing, in a small bowl whisk together 1/4 cup white distilled vinegar, 2/3 cup canola oil, 3 tablespoons of water and 2 tablespoons of the Italian dressing dry mix.

### What You Need for the Salad

- 1 Cup cooked and cooled chicken (chopped)
- 3-4 Cups Pasta (cooked and cooled)
- 1 Cup frozen peas and carrots (fresh or thawed)
- 1 Cup fresh zucchini (chopped)
- 1/2 Cup asparagus ( fresh or thawed)
- 1/2 Cup green or red bell pepper (chopped)
- 1/2 Cup fresh basil (chopped)
- 1 Cup tomato (large, chopped)
- 1/2 Cup parmesan cheese (fresh and shredded, or dry)
- Large bowl with lid

**Let's Make It!** In a large bowl, add cold pasta noodles, chicken, garlic and vegetables, mix well to combine. Pour prepared dressing over all. Toss well to cover all pasta, chicken and veggies. Cover with lid or saran wrap and refrigerate overnight (or at least for 12 hours) toss with a spoon and serve with fresh parmesan cheese and crusty bread on the side.

**\*Katies Tidbits-** use equal parts sugar instead of sugar substitute, 1 Tbsp. onion powder and 1 Tbsp. garlic powder instead of 2 Tbsp. garlic powder. Try using prosciutto ham instead of chicken for this recipe. It's also good with tuna.

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