Italian Millet Pasta Salad

This Italian grinder pasta salad has everything you want from your favorite grinder, in a classic rotini pasta salad—salami, ham, provolone, and a tangy olive oil dressing—in a batch big enough to serve a crowd.

By dinesh | August 22, 2025



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Ingredients

For the salad

- 1 cup **Italian millet pasta** (any shape)
- ½ cup **cherry tomatoes** (halved)
- ½ cup **cucumber** (diced)
- ¼ cup **bell peppers** (red/yellow, diced)
- ¼ cup **black olives** (sliced)
- 2 tbsp **sweet corn** (optional)
- 2 tbsp **feta cheese** or **vegan cheese** (optional)
- 1 tbsp **fresh basil or parsley** (chopped)

For the dressing

- 2 tbsp **extra virgin olive oil**
- 1 tbsp **lemon juice** or **apple cider vinegar**
- 1 tsp **Italian seasoning**
- 1 small **garlic clove** (minced)
- Salt & pepper to taste
- Optional: ½ tsp **chilli flakes** / **mustard**

□□ Method

1. **Cook pasta** in salted water as per pack instructions. Drain and cool completely.
2. **Prep veggies** and add to a large bowl.
3. **Make dressing** by whisking all dressing ingredients.
4. **Combine** cooled pasta, veggies, and dressing.
5. **Toss gently**, add cheese and herbs.
6. **Chill 10 minutes** (optional) and serve.

□ Tips & Variations

- Add **grilled paneer/tofu/chicken** for protein.
- Swap veggies with **zucchini, broccoli, or spinach**.
- For extra crunch, add **sunflower seeds or walnuts**.

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Health Benefits

- **Millet pasta**: gluten-free, high fiber, low GI
- Light, gut-friendly, and ideal for **weight management**

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