

# CHICKEN PASTA SALAD



Makes 7 servings

Prep Time: 30 minutes

Cook Time: 10-12 minutes

## Nutrition information

### Per Serving

230 calories

Total Fat 4.5 g

Saturated Fat 1 g

Protein 18 g

Total Carbohydrate 28 g

Dietary Fiber 6 g

Sodium 550 mg



Excellent Source of Vitamin A



Excellent Source of Vitamin C



Good Source of Iron

Recipe analyzed using:

- Enriched pasta
- Green pepper

## Ingredients

- 2 cups cooked whole-wheat penne pasta (about 1 cup uncooked)
- 1½ cup canned chicken (drained)
- 1 cup diced bell pepper (red or green or a combination)
- 1 cup shredded yellow squash (about 1 medium squash)
- 1/2 cup sliced carrots
- 1/2 cup sliced green onion
- 1/2 cup canned corn kernels (drained)
- 1/2 cup frozen peas (thawed)
- 1 can (15 ounces) black beans (rinsed and drained)
- 1/2 cup bottled Italian dressing or from recipe

## Directions

1. Cook pasta according to package directions, drain; rinse.
2. Combine first nine ingredients in a large bowl
3. Toss gently with salad dressing (fat-free Ranch dressing may be substituted for Italian)
4. Chill for several hours to blend flavors.

## Balsamic Dijon Vinaigrette Serves 8, Serving Size: 2 tablespoons

Prep Time: 5 minutes, Total Time: 5 minutes

### Ingredients

- 6 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 6 tablespoons olive oil
- Salt and fresh ground pepper to taste

### Directions

1. Combine all ingredients in jar with tight fitting lid.
2. Shake vigorously.
3. Serve immediately with your favorite salad or chill until serving.

**Note:** if you chill the dressing, remove from the refrigerator a few minutes prior to serving to bring to room temperature. Shake to combine ingredients.

### Nutrition Information per

**Serving:** (Based on 1 teaspoon salt and 1 teaspoon pepper)

Serving Size: 2 tablespoons

102 calories

Carbohydrates: 2 grams

Fiber: 0 grams

Protein: 0 grams

Fat: 10 grams

Sodium: 315 mg



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