

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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