

CHICKEN PASTA SALAD

Makes 7 servings

Prep Time: 30 minutes

Cook Time: 10-12 minutes

Ingredients

- 2 cups cooked small seashell pasta (about 1 cup uncooked)
- 1 1/2 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 fat free Italian dressing

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.

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

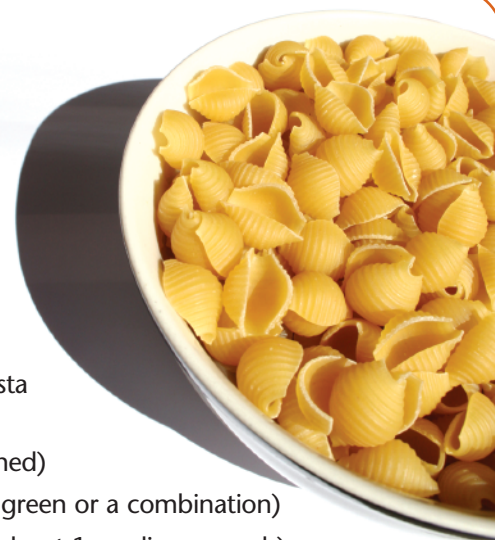
 Excellent Source of Vitamin A

 Excellent Source of Vitamin C

 Good Source of Iron

Recipe analyzed using:

- Enriched pasta
- Green pepper



Eat Smart

