



## RECIPE:

### Chicken Pasta Salad

Number of Servings: 7

#### Ingredients:

- 1 c. bell pepper, diced
- 1/2 c. green onion, sliced
- 1 c. yellow squash, shredded
- 2 c. cooked whole wheat pasta
- 1 1/2 c. canned chicken, drained
- 1/2 c. canned peas, drained
- 1/2 c. canned corn kernels, drained
- 1 can black beans, drained and rinsed
- 1/2 c. fat-free Italian dressing

#### Directions:

1. Wash hands with warm water and soap. Rinse all fresh vegetables under cool running water before cutting or eating.
2. In a large bowl, combine cut vegetables, pasta, chicken, peas, corn black beans and Italian dressing.
3. For best results, chill for several hours to blend flavors.
4. Store leftovers in a covered container in the refrigerator.

Options: Use canned peas instead of frozen, or any other canned vegetables that you have available. You can use other vegetables that you have on hand or switch out ingredients for others that you prefer.

#### Nutrition Info:

Nutrition Facts	
7 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>180</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 390mg	<b>17%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 47mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 405mg	<b>8%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	