

## Chicken Pasta Salad

7 servings

- 1 cup bell pepper, scrubbed with clean vegetable brush under running water, diced
- 1/2 cup green onion, gently rubbed under cold running water, sliced
- 1 cup yellow squash, scrubbed with clean vegetable brush under running water, sliced
- 1 cup whole wheat pasta, uncooked
- 1 1/2 cups canned chicken, drained
- 1/2 cup canned peas, drained
- 1/2 cup canned corn kernels, drained
- 1 can (15 ounces) black beans, drained and rinsed
- 1/2 cup fat-free Italian dressing

1. Wash hands with soap and water.
2. Cook pasta according to package directions.
3. Wash and prepare vegetables.
4. Combine all ingredients in a large bowl.
5. For best results, chill for several hours to blend flavors.
6. Store leftovers in a sealed container in the refrigerator for up to four days.



Recipe source: MyPlate Kitchen, North Carolina Department of Public Health & North Carolina Cooperative Extension

**Nutrition Information per Serving (1 cup):** Calories 180, Total Fat 3g, Saturated Fat 0.5g, Cholesterol 250mg, Sodium 390mg, Total Carbohydrates 26g, Fiber 7g, Total Sugars 4g, includes 0g Added Sugars, Protein 15g, Vitamin D 0%, Calcium 4%, Iron 15%, Potassium 8%.