

Chicken Pasta Salad

Nebraska Seasonal Produce Guide

7 Servings



EXTENSION

Health & Wellbeing



Ingredients

- 1 cup bell pepper, scrubbed with a clean vegetable brush under running water, diced
- ½ cup green onion, gently rubbed under cold running water, sliced
- 1 cup yellow squash, scrubbed with a clean vegetable brush under running water, sliced
- 1 cup whole wheat pasta, uncooked
- 1½ cups canned chicken, drained
- ½ cup canned peas, drained
- ½ cup canned corn kernels, drained
- 1 (15-ounce) can black beans, drained and rinsed
- ½ cup fat-free Italian dressing

Instructions

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 covered container in the refrigerator.

Note: Use frozen peas in place of canned peas. Substitute whichever other vegetable you have on hand.

Nutrition Information per Serving (1 cup): Calories 180, Total Fat 3g, Saturated Fat 0.5g, Cholesterol 25mg, 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%

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



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