

Pasta Chicken Salad

Cost/Serving: \$0.90

Yield: [6 servings] / Serving Size = 1 cup

Ingredients:

3 cups cooked whole wheat pasta

1½ cups cooked, chopped chicken or other meat

½ cup chopped onion

1 cup diced celery

1 cup frozen peas or fresh broccoli florets

¾ cup lowfat salad dressing

Directions:

1. In a large bowl, mix together pasta, meat, and vegetables.
2. Add dressing and mix to coat all ingredients. Chill before serving.

Note: Frozen peas will thaw while the salad is chilling.

Nutrition Facts

6 servings per container

Serving size 1 1/4 cup (193g)

Amount per serving

Calories **230**

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 430mg 19%

Total Carbohydrate 29g 11%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 15g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 2mg 10%

Potassium 204mg 4%

*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.