

VEGGIE AND CHICKEN PASTA SALAD



INGREDIENTS

1 cup uncooked whole-wheat elbow pasta
½ cup diced red bell pepper
½ cup diced cucumber
½ cup small broccoli florets (fresh or frozen)
1 large carrot (diced)
1 cup diced cooked chicken breast
¼ cup light mayonnaise
1 Tbsp. red wine vinegar
1/8 tsp. dried oregano
1/8 tsp. freshly ground black pepper

PREPARATION

Cook the pasta according to the package directions. Drain.

In a large bowl, mix together the pasta, red bell pepper, cucumber, broccoli, carrots, and chicken.

In a small bowl, whisk together the dressing ingredients. Pour the dressing over the pasta, vegetables, and chicken and mix well. Serve.

Makes: 4 servings

Serving Size: 1 cup

Nutrition Information:

Calories: 200, Total Fat: 5g, Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol: 30mg, Sodium: 160mg, Total Carbohydrate: 24g, Dietary Fiber: 3g, Total Sugars: 3g, Protein: 15g, Potassium: 280mg, Phosphorus: 170mg

Choices/Exchanges:

1½ Starch, 1 Nonstarchy vegetable, 1 Lean protein, ½ Fat

