

Chicken Club Salad

Makes: 4 servings

This colorful chicken and pasta salad is served over lettuce or spinach to make a tasty lunch or dinner. Pick your favorite veggies to add to this salad.

Ingredients

- 1 cup** pasta (uncooked whole wheat, small, such as macaroni or rotelle)
- 6 cups** romaine lettuce (well washed and torn, or spinach)
- 2 cups** vegetables (fresh, green pepper, celery, cauliflower florets, cucumber, carrots chopped)
- 2 cups** tomatoes (chopped)
- 1/2 cup** cubed cooked skinless chicken (1/2 pound skinless, boneless chicken)
- 1/2 cup** Italian dressing (lowfat)
- 1** egg (hard cooked, optional)
- 1/4 cup** cheese (shredded, or cheese crumbles)

Directions

1. Wash hands.
2. Cook pasta according to package directions; drain and cool.
3. Place 1½ cups of the romaine in each of 4 large bowls or plates.
4. Combine chopped vegetables, chicken and pasta.
5. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
6. Top each serving with a few egg slices, if desired, and 1 Tablespoon of the shredded cheese.

Iowa State University Extension, Recipe is Courtesy of the Iowa State University Extension, Montana State University Eat Better. Buy Better. recipes

Nutrition Information

Nutrients	Amount
Calories	270
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	50 mg
Sodium	380 mg
Total Carbohydrate	29 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	24 g
Vitamin D	N/A
Calcium	N/A

