

Chicken Spring Vegetable and Pasta Salad

Salad of the Month May -2014



Vitamin A loaded carrots and folate-rich asparagus make this salad good for you and your family.

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 4 servings (1 1/2 cups each)

INGREDIENTS

Salad

8 oz. fresh asparagus spears

2 cups uncooked penne or mostaccioli pasta (6 to 7 oz.)

1 1/3 cups ready-to-eat baby-cut carrots (about 6 oz.), quartered lengthwise

1/2 cup frozen baby sweet peas

2 cups cubed **cooked** chicken

Dressing

1 container (6 oz.) lemon burst low-fat yogurt

1/4 cup fat-free mayonnaise or salad dressing

2 tablespoons chopped fresh chives

1/4 teaspoon salt

1/8 teaspoon pepper

1 clove garlic, finely chopped

DIRECTIONS

1. Break off tough ends of asparagus spears; cut asparagus into 1-inch pieces. Cook pasta as directed on package, adding asparagus, carrots and peas during last 5 to 7 minutes of cook time; cook until asparagus is crisp-tender. Drain; rinse with cold water to cool. Drain well.
2. In large bowl, mix cooked pasta mixture and chicken.
3. In small bowl, mix dressing ingredients until well blended. Pour over salad; toss gently to coat. Serve immediately, or cover and refrigerate until serving time. If desired, garnish with additional chives.

Recipe Provides: Fats & Oils 1tsp, Grains 2oz-equivalents, Meat & Beans 2oz-equivalents, Vegetables 3/4c



This recipe is adapted from WWW.eatbetterearly.com