



Blueberry Chicken Pasta Salad

Servings 4 | Prep time 30 mins. | Total time 30 mins.

Equipment: Jar with tight lid, Measuring cups and spoons, Cutting board, Large bowl
Utensils: Knife, Mixing spoon

Ingredients

For the Blueberry Vinaigrette

1/2 cup fresh or frozen blueberries, thawed
2 tablespoons extra virgin olive oil
2 tablespoon balsamic vinegar
1/2 teaspoon Dijon mustard
2 teaspoons honey
1/4 teaspoon salt

For the Salad

1 1/2 cups fresh blueberries, washed and drained
3 cups cooked whole grain pasta, cooled
12 ounces cooked chicken breast, sliced
4 cups dark green leafy vegetables, washed and drained
1/2 cup red onion, chopped
1 medium bell pepper, chopped

Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.
2. After blueberries and dark green leafy vegetables are washed and drained, place in the refrigerator.
3. Cook pasta according to package directions. Drain and cool in large mixing bowl.
4. Add vinaigrette ingredients in a jar with a lid. Shake to blend. Set aside
5. Add onion, pepper and chicken to large mixing bowl.
6. Tear leafy vegetables into bite-size pieces. Add to large mixing bowl.
7. Add cooked chilled pasta to large mixing bowl.
8. Toss all salad ingredients with dressing and serve.

Nutritional Information:

Calories 570
Total Fat 11g
Sodium 760mg
Total Carbs 88g
Protein 35g