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 tablespoons 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, such as spinach, lettuce, kale, cabbage, or broccoli, washed and drained

Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.
2. Wash and drain blueberries and dark green leafy vegetables. Put in refrigerator.
3. Cook pasta according to package directions. Drain and cool in large mixing bowl.
4. Add vinaigrette ingredients to a jar with a lid. Shake to blend. Set aside.
5. Chop onion and pepper. Slice chicken. Add to large mixing bowl.
6. Tear leafy vegetables into bite-size pieces. Add to large mixing bowl. If using broccoli, cut into small florets.
7. Add cooked, cooled pasta to large mixing bowl.
8. Toss all salad ingredients with dressing.
9. Serve salad on a plate with a glass of milk.

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

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