



# 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 Dressing*

1/2 cup fresh or thawed frozen blueberries  
2 tablespoons olive or vegetable oil  
2 tablespoon balsamic vinegar  
1/2 teaspoon Dijon mustard  
2 teaspoons honey  
1/4 teaspoon salt (optional)

### *For the Salad*

1 1/2 cups fresh blueberries  
3 cups cooked whole grain pasta, cooled  
12 ounces cooked chicken breast, sliced  
4 cups dark green leafy vegetables  
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. Add dressing ingredients to a jar with a lid and shake to blend or combine in a small bowl and whisk them together.
3. Combine salad ingredients in a large mixing bowl and toss with dressing.

## Nutritional Information:

Calories 440  
Total Fat 13g  
Sodium 220mg  
Total Carbs 50g  
Protein 34g