



# 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 bowl

## 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 14g Sodium 220mg Total Carbs 50g Protein 34g