



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 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, 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 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 100 Total Fat 0.5g Sodium 0mg Total Carbs 28g Protein <1g