



Blueberry Chicken Pasta Salad

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

Equipment:

Jar with tight lid
Cutting board
Large bowl

Utensils:

Knife
Mixing spoon
Measuring cups and spoons

Ingredients

For the Dressing

1/2 cup (fresh or thawed frozen)
blueberries
2 tablespoons olive oil OR vegetable oil
2 tablespoons 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 whole grain pasta, cooked and cooled (about 1.5 cups uncooked pasta)
12 ounces chicken breast, cooked and sliced
4 cups leafy greens (spinach, romaine, kale, etc.)
1/2 cup red onion, chopped
1 medium bell pepper, chopped

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
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