Dinner, American

Chicken Pasta Salad with Garden Vegetables

Tender whole-wheat elbow pasta is tossed with crunchy vegetables and chunks of chicken, then coated in a creamy, tangy dressing.

25 min	200	29 g	3 g
time	calories	carbs	sugars



Nut free

Ingredients, 4 servings

- [ ] 1 cup uncooked whole-wheat elbow pasta
- [ ] 1/2 cup diced red bell pepper
- [ ] 1/2 cup diced cucumber
- [ ] 1/2 cup small broccoli florets (fresh or frozen)
- [ ] 1 large carrots (diced)
- [ ] 1 cup diced cooked chicken breast
- [ ] 1/4 cup light mayonnaise
- [ ] 1 tbsp red wine vinegar
- [ ] 1/8 tsp dried oregano
- [ ] 1/8 tsp freshly ground black pepper

Method

- [ ] **1** Bring a pot of water to a boil and cook the whole-wheat elbow pasta as the package directs, then drain it well.
- [ ] **2** Tip the drained pasta into a large bowl and add the diced red bell pepper, cucumber, broccoli florets, carrots, and diced cooked chicken breast.
- [ ] **3** In a small bowl, whisk the light mayonnaise with the red wine vinegar, dried oregano, and freshly ground black pepper until smooth.
- [ ] **4** Pour the dressing over the pasta and vegetables, toss until everything is evenly coated, and serve.

Nutrition Facts

Per serving

Calories	**200**
Total fat	5 g
Saturated fat	1 g
Sodium	250 mg
Total carbs	29 g
Fiber	3 g
Total sugars	3 g
Protein	14 g

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