

Personalized Pasta Salad

This is a great salad to personalize with ingredients you love!

Prep time: 10 minutes

Cook time: 15 minutes

Makes: 8 servings

Source: Nutrition Stripped

Ingredients

- 2 cups uncooked pasta, such as macaroni or rotini
- 1/2 cup reduced-fat salad dressing
- 2 cups cooked, cubed chicken
- 1 medium tomato, chopped
- 1 medium red or green bell pepper, cut in 1 inch pieces
- 1/2 medium red onion, diced
- 1 can (4 ounces) sliced black olives

Directions

1. Measure 6 cups of water into a (4 quart or larger) sauce pan.
2. Bring water to a boil over high heat and add pasta. Cook until tender (about 8 to 10 minutes), stirring occasionally. Drain. Rinse with cold water to cool quickly; drain well.
3. Add dressing; toss lightly.
4. Add meat and vegetables, and toss again.
5. Chill until ready to serve.
6. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	220 g
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	35 mg
Sodium:	250 mg
Total Carbohydrates:	26 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Added Sugars:	2 g
Protein	15 g

Utensils Needed

- Knife for chopping vegetables
- Large sauce pan
- Colander
- Measuring cups and spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$10.35

Average cost/serving: \$1.29

Recipe Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Rotini pasta, 454 g



Add 1 to Cart
Canned chicken breast, 10 oz.



Add 1 to Cart
Green or red bell pepper, 6 oz (avg)



Add 1 to Cart
Black olives, canned 4 oz.



Add 1 to Cart
Red tomato, 8 oz (avg)



Add 1 to Cart
Reduced-fat salad dressing, 8 oz.



Add 1 to Cart
Red onion, 10 oz.

My Cooking Notes

SAVE TIME, SAVE MONEY

Cooking Tips

- There are many different veggies that can be added to this dish! Try shredded carrots, cubed celery, beans, etc.
- Pasta salads are even better as leftovers! Allowing the pasta salad some time to marinate will give a stronger flavor, so don't be afraid to make extra to have some servings for a couple days later.