



A Nutrition Resource

CHICKEN CLUB SALAD

Yield: 4 Servings | Serving Size: 3 1/4 cup

Cost/Serving: \$2.47

Ingredients:

- 1 cup uncooked whole wheat small pasta, such as macaroni or rotelle
- 6 cups romaine lettuce or spinach (washed well and torn)
- 2 cups chopped fresh vegetables (green pepper, celery, cauliflower florets, cucumber, carrots)
- 2 cups chopped tomatoes (about 2 large)
- 1 1/2 cups cubed cooked skinless chicken (one half pound skinless, boneless poultry)
- 1/2 cup low fat Italian dressing
- 1 hard cooked egg (optional)
- 1/4 cup shredded cheese or cheese crumbles

Directions:

- 1) Cook pasta according to package directions; drain and cool.
- 2) Place 1 1/2 cups of the lettuce or spinach in each of 4 large bowls or plates.
- 3) Combine chopped vegetables, chicken, and pasta.
- 4) Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
- 5) Top each serving with a few egg slices, if desired, and 1 Tablespoon of the shredded cheese.

Tips: Pick vegetables that are plentiful at the farmers' market or grocery store. If desired, combine the cooked pasta, chopped vegetables (except tomato), cubed chicken, and dressing in a covered container and refrigerate for up to 24 hours. To serve, stir in the chopped tomato and spoon over romaine or spinach.

Nutrition Facts

4 servings per container
Serving size 3 1/4 cups (399g)

Amount per serving
Calories 260

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 390mg	17%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 162mg	10%
Iron 5mg	30%
Potassium 375mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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