



NUTRITION CONSULTING INC.

## Refreshing Chicken and Pasta Salad

*This pasta salad is a great source of protein and carbohydrates. Pack with an ice-pack and this cold pasta salad makes a fantastic packable lunch, picnic meal or supper on the go for busy families.*

### Makes 6 Servings

#### What you need:

- 2 chicken breasts, cooked and diced (to save time, use a grilled rotisserie chicken from your local deli!)
- 4 cups cooked whole grain rotini or penne pasta
- 1 large unpeeled apple, diced
- 1 cup celery, diced
- 1 cup seedless grapes, halved
- 2 Tbsp chives, chopped
- 1/2 cup walnuts, chopped
- 1/2 Tbsp lemon or lime juice
- 1/2 cup reduced fat mayonnaise
- 1/2 cup low-fat plain yogurt
- 1 Tbsp sugar
- 1/2 tsp salt (or to taste)
- 1/4 tsp nutmeg
- 1/4 tsp black pepper



#### How you prepare:

Cool pasta and chicken thoroughly in fridge. Dice apple and sprinkle with lemon or lime juice to prevent browning. In a large bowl, mix apple with celery, grapes, chives, walnuts, pasta and chicken. In a separate bowl, combine mayonnaise, yogurt, sugar, salt, nutmeg and pepper. Stir dressing into pasta mixture. Chill before serving.

#### Per serving:

Calories: 375  
Carbohydrates: 38g  
Protein: 27g  
Fat: 14g  
Fibre: 4g

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