

# Chicken Pasta Salad

Use whole wheat pasta or brown rice pasta shells for this nutritious and colorful salad.

- 2 cups cooked small seashell whole wheat pasta (about 1 cup uncooked pasta)
- 1 1/2 cups cubed cooked chicken breast
- 1 cup diced red bell pepper
- 1 cup shredded yellow squash (about 1 medium)
- 1/2 cup sliced carrots
- 1/2 cup sliced green onions
- 1/2 cup fresh corn kernels (about 1 ear)
- 1/2 cup frozen green peas, thawed
- 1 19 oz. can black beans, rinsed and drained
- 1/4 cup rice vinegar
- 3 tablespoons olive oil
- 2 teaspoons Dijon mustard
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon hot sauce

Combine the first 9 ingredients in a large bowl. Combine rice vinegar and remaining ingredients in a small bowl; stir well with a whisk. Pour vinegar mixture over chicken mixture, and toss gently to coat. Serve at room temperature or chilled.

**Servings: 7**

**Yield: 7 1 cup servings**

## Nutrition Facts

Serving size: 1 cup

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	270.71
Calories From Fat (24%)	65.46
<b>% Daily Value</b>	
<b>Total Fat</b> 7.77g	<b>12%</b>
Saturated Fat 1.24g	<b>6%</b>
<b>Cholesterol</b> 25.50mg	<b>9%</b>
<b>Sodium</b> 320.08mg	<b>13%</b>
<b>Potassium</b> 555.68mg	<b>16%</b>
<b>Carbohydrates</b> 36.28g	<b>12%</b>
Dietary Fiber 7.56g	<b>30%</b>
Sugar 2.39g	
Sugar Alcohols 0.00g	
Net Carbohydrates 28.72g	
<b>Protein</b> 18.06g	<b>36%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 cups cooked small seashell whole wheat pasta (about 1 cup uncooked pasta)	1 x 1 cup of Pasta, shell-shaped
1 1/2 cups cubed cooked chicken breast	1.50 x 1 cup, chopped or diced of Chicken, broilers or fryers, breast, meat only, cooked, roasted
1 cup diced red bell pepper	1 x 1 cup, chopped of Peppers, sweet, red, raw
1 cup shredded yellow squash (about 1 medium)	1 x 1 cup, sliced of Squash, summer, crookneck and straightneck, raw
1/2 cup sliced carrots	0.50 x 1 cup, chopped of Carrots, raw
1/2 cup sliced green onions	0.50 x 1 cup, chopped of Onions, green, spring or scallions (includes tops and bulb), raw
1/2 cup fresh corn kernels (about 1 ear)	0.50 x 1 cup of Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt
1/2 cup frozen green peas, thawed	0.50 x 1 cup of Peas, green, frozen, unprepared
1 19 oz. can black beans, rinsed and drained	1 x 1 can (19.5 oz) of Beans, black, mature seeds, cooked, boiled, with salt
1/4 cup rice vinegar	0.25 x 1 cup of Vinegar, rice wine
3 tablespoons olive oil	3 x 1 tablespoon of Oil, olive, salad or cooking
2 teaspoons Dijon mustard	2 x 1 teaspoon of Mustard, Dijon

1/2 teaspoon ground cumin	0.50 x 1 teaspoon of Spices, cumin seed
1/4 teaspoon salt	0.25 x 1 teaspoon of Salt, table
1/4 teaspoon hot sauce	0.25 x 1 teaspoon of Sauce, ready-to-serve, pepper or hot

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