

# Chicken Club Salad



## Ingredients:

- 1 cup small whole-wheat pasta, such as elbow macaroni or rotelle, uncooked
- 6 cups romaine lettuce or spinach, well-washed and torn
- 2 cups chopped fresh vegetables (green pepper, celery, cauliflower florets, cucumber, carrots, etc.)
- 2 cups chopped tomatoes
- 1½ cups cooked and cubed skinless chicken
- ½ cup low-fat Italian dressing
- ¼ cup shredded cheese or cheese crumbles
- 1 hard-boiled egg (optional)

## Preparation:

1. Cook pasta according to package directions; drain and cool.
2. Place 1½ cups of the romaine lettuce in each of four large bowls or on four plates.

3. Combine chopped vegetables, chicken, and pasta.
4. Add dressing and toss lightly to coat. Divide evenly among the four bowls or plates.
5. Top each plate with a few egg slices, if desired, and 1 tablespoon of the shredded cheese.

## Yields 4 (3 cup) servings

## Nutritional Information Per Serving:

270 calories, 24 g protein, 29 g carbohydrate (6 g fiber), 6 g fat, 50 mg cholesterol, 380 mg sodium

Source: U.S. Department of Agriculture

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community. Learn more at [www.upmchealthplan.com/dscommunity](http://www.upmchealthplan.com/dscommunity).

