



## Pasta Salad with Chicken

**Serves six**

12 oz. cooked al-dente whole wheat pasta  
1 large carrot – grated  
1 small cucumber – peeled, seeded and chopped  
2 tomatoes – peeled and chopped  
1 celery stalk – chopped  
2 scallions – chopped  
1 cup cooked, shredded chicken\*  
½ cup sliced ripe olives  
1 tsp. salt  
1 tsp. black pepper  
1/8 cup olive oil

Place all the ingredients – except for the oil, salt and pepper – in a bowl. Mix well.

Add the salt, pepper and olive oil. Toss to mix well and serve. Enjoy!

\*If you want to keep this vegetarian omit the chicken.

CALORIES 400.70; FAT 16.03 grs (sat 2.62; mono 4.29; poly 0.95); PROTEIN 17.29 grs ; FIBER 6.5 grs; CARBS 51.28 grs; CHOLESTEROL 43.33 mg; IRON 3.49 mg; SODIUM 840.81 mg; CALCIUM 74.65 mg