



Chicken Club Salad

Yield: 4 servings

Ingredients:

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



Directions:

1. Cook pasta according to package directions; drain and cool.
2. Place 1½ cups of the romaine 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.

Nutrition Facts: Calories, 270; Calories from fat, 60; Total fat, 6g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 60mg; Sodium, 380mg; Total Carbohydrate, 29g; Fiber, 6g; Protein, 24g; Vit. A, 200%; Vit. C, 50%; Calcium, 15%; Iron, 15%.

Source: Iowa State University Extension



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