

Chicken Club Salad

Serving Size: 3 cups

Yield: 4 servings

Ingredients:

- 1 cup pasta (uncooked whole wheat, small, such as macaroni or rotelle)
- 6 cups Romaine lettuce (well washed and torn, or spinach)
- 2 cups vegetables (fresh, green pepper, celery, cauliflower florets, cucumber, carrots chopped)
- 2 cups tomatoes (chopped)
- 1/2 cup Italian dressing (lowfat)
- 1 egg (hard cooked, optional)
- 1/4 cup cheese (shredded, or cheese crumbles)

Instructions:

1. Wash hands.
2. Cook pasta according to package directions; drain and cool.
3. Place 1½ cups of the romaine in each of 4 large bowls or plates.
4. Combine chopped vegetables, chicken and pasta.
5. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
6. Top each serving with a few egg slices, if desired, and 1 Tablespoon of the shredded cheese.

Cost:

Per Serving: \$1.22

Nutrition Facts	
Serving Size 3 cups (399g)	
Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 380mg	16%
Total Carbohydrate 29g	10%
Dietary Fiber 6g	24%
Sugars 6g	
Protein 24g	
Vitamin A 170%	Vitamin C 80%
Calcium 15%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 85g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	