

# Bistro Chicken Pasta Salad

Cooking spray	
2 c	Penne pasta, whole wheat, dry
½ lb	Chicken breasts, skinless, cubed
1 c	Tomatoes, cherry, quartered
4 oz	Feta cheese
½ c	Italian dressing, fat-free
½ T	Basil, dried
¼ c	Onion, red, slices
¼ c	Tomatoes, sun-dried, chopped

1. COOK pasta according to directions, omitting fat and salt. DRAIN.
2. Lightly SPRAY skillet with cooking spray, and cook cubed chicken until done (165°F).
3. COMBINE the rest of the ingredients in a large bowl.
4. ADD pasta and chicken and TOSS.

**Makes 9 - 3/4 c servings**

**Nutrition Information: 170 calories, 4 g fat, 25 mg cholesterol, 410 mg sodium, 23 g carbohydrates, 3 g fiber, 11 g protein**



## Chickasaw Nation Nutrition Services

Get Fresh! is an initiative of the Chickasaw Nation. This material was funded by the USDA's Supplemental Nutrition Assistance Program. This institution is an equal opportunity provider and employer. For more information on the Supplemental Nutrition Assistance Program or the FDP Grocery Stores, visit [www.getfreshcooking.com](http://www.getfreshcooking.com)