



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Blueberry and Chicken Pasta Salad with Field Greens

Ingredients:

Blueberry Vinaigrette

- ½ cup fresh blueberries
- 2 Tbsp extra virgin olive oil
- 2 Tbsp balsamic vinegar
- ½ tsp Dijon mustard
- 2 tsp honey
- ¼ tsp salt

Salad

- 1½ cup fresh blueberries
- 3 cups cooked whole grain penne pasta, cooled
- 12 oz. cooked chicken breast, sliced
- 4 cups field greens
- ½ cup red onion, chopped
- 1 medium red bell pepper, chopped

Serves 4

Nutrition: 390 calories, 11 g fat, 2 g saturated fat, 41 g carbohydrate, 7 g fiber, 32 g protein, 250 mg sodium

Source: Fruits & Veggies—More Matters

Directions:

1. Blend vinaigrette ingredients in a blender.
2. In a medium size bowl, toss all ingredients with dressing.



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