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

Directions:

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

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

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