

Chicken Spinach Salad

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups whole grain noodles
- 2 cups fresh baby spinach leaves
- 3 stalks celery
- 1 onion
- 1 tomato
- 1 bunch seedless grapes
- 1/2 cup fresh whole snow pea pods
- 2 tablespoons olive oil
- 1 tablespoon vinegar, cider
- 1 tablespoon fresh, chopped parsley
- 1 teaspoon lemon juice
- 2 packages aspartame sweetener

Equipment:

- Large saucepan
- Large salad bowl
- Cutting board
- Knife
- Measuring spoons
- Measuring cups

Number of Servings: 4
Prep Time: 20 minutes
Total Time: 20 minutes

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Nutrition Facts

Serving Size: 2 cups

Servings: 4

Amount Per Serving

Calories 404

Calories from Fat 81

%Daily Value*

Total Fat 9g 14%

Saturated Fat 1g 5%

Cholesterol 68mg 23%

Sodium 123mg 5%

Potassium 268mg 21%

Total Carbohydrate 46g 15%

Dietary Fiber 6g 24%

Protein 37g 74%

Vitamin A 27% Vitamin C 37%

Iron 22% Calcium 7%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions

1. Bring a medium saucepan of water to a boil, and add chicken breasts, cook until done, about 30 minutes. Remove chicken and allow to cool. Save broth for other uses. Chop up chicken into bite size pieces, add to large salad bowl.
2. Cook noodles according to package directions, but do not add salt to water. Drain, and rinse with cool water and set aside.
3. Wash spinach and place in large salad bowl.
4. Chop celery, tomato and place in a small bowl. Pull grapes off of stems and wash. Cut grapes in half. Add to bowl. Wash snow pea pods, add to bowl. Add pasta to bowl.
5. Mince celery leaves for the dressing. In a jar with top, add olive oil, vinegar, parsley, lemon juice and sweetener. Close with lid, and shake well. Pour over salad, and toss with salad tongs or two large spoons.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This

