

Chicken and Basil Pasta Salad

INGREDIENTS

- » 1/4 cup low-fat mayonnaise
- » 1/4 cup plain nonfat yogurt
- » 1 tbsp rice-wine vinegar
- » 2 tsp spicy brown mustard
- » 1/2 tsp salt
- » 1 tsp dried basil
- » 2 cups diced cooked chicken breast
- » 8 oz small uncooked rotini (corkscrew) pasta, cooked according to directions without salt or fat
- » 2 chopped medium tomatoes
- » 4 sliced green onions
- » 4 red leaf lettuce leaves

Nutritional Content

Per Serving

Calories	408cal	Cholesterol	58mg
Protein	25g	Sodium	586mg
Carbohydrate	48g	Calories from Fat	25%
Fat	11g	Fiber	4g
Saturated Fat	2g		

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↪ See reverse for instructions

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INSTRUCTIONS

In a bowl, combine low-fat mayonnaise, nonfat yogurt, vinegar, mustard, salt, and basil. Mix well. Add cooked chicken, cooked pasta, tomatoes, and green onions. Toss gently to coat. Serve at room temperature or chilled on a bed of red leaf lettuce. Serves 4.

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