

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

Nutritional Content

Per Serving

Calories	417cal	Cholesterol	58mg
Protein	26g	Sodium	651mg
Carbohydrate	49g	Calories from Fat	25%
Fat	11g	Fiber	4g
Saturated Fat	2g		

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 red lettuce leaf. Serves 1.

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