

PESTO PASTA SALAD

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: Makes 8 (1 cup) servings

Nutrition (per serving)

Calories: 240

Total Fat: 14 g

Saturated Fat: 2 g

Sodium: 425 mg

Total Carbohydrate: 16 g

Dietary Fiber: 3 g

Total Sugars: 3 g

Added Sugars: 0 g

Protein: 15 g

PREP TIME: 10 min

COOK TIME: 15 min

TOTAL TIME: 25 min



Ingredients

- 2 cups cooked whole wheat pasta (shape of your choice) (choose gluten free for GF version)
- 2 cups diced raw zucchini
- 2 cups cooked and shredded chicken breast
- 1 cup halved cherry tomatoes
- $\frac{3}{4}$ cup diced red onion
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ cup prepared pesto

Directions

1. Combine all ingredients in a large bowl. Toss to evenly distribute pesto over all ingredients.



OSF[®]
HEALTHCARE