

## Carnival Chicken Pasta Salad



### Makes:

7 servings, approximately 1 cup each (300 grams)

### Utensil:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

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### Recipe:

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### Recipe Description:

This colorful, low-calorie, one-dish main course can be made ahead of time. And it is exceptionally easy because it is served at room temperature; which also makes it an easy dish to transfer to other homes or on outings.

#### Salad

2 cups  
cooked small seashell pasta, approximately 1 cup uncooked pasta  
(140 g)

1 ½ cups  
(about 6 ounces) cooked chicken breast, boned, skinned,  
cubed  
(168 g)

1 cup  
red bell pepper, diced  
(150 g)

1 cup  
yellow squash, shredded, use Cone #1  
(150 g)

½ cup  
carrots, sliced, use Cone #4  
(61 g)

½ cup  
green onions, sliced  
(50 g)

½ cup  
corn kernels  
(75 g)

½ cup  
peas

(75  
g) 15 ounces  
black beans, rinsed and drained  
(420  
g)

### Dressing

$\frac{1}{4}$   
cup + 2 tablespoons rice (90 mL) 3  
vinegar 3  
tablespoons olive oil (45 mL)  $\frac{1}{2}$   
teaspoons coarse ground mustard (15 mL)  $\frac{1}{4}$   
teaspoon cumin (2.5 mL) teaspoon salt (1.25 mL)  $\frac{1}{4}$   
teaspoon hot sauce (1.25 mL)

### Directions:

1. Combine all Salad ingredients in large bowl.
2. Mix all Dressing ingredients in small mixing bowl or jar. Stir or shake until blended.
3. When ready to serve, pour dressing over chicken and pasta mixture and gently toss.
4. Serve chilled or at room temperature.

### Tips:

- Serve with a hearty warm bread and you have an entire meal complete with protein and vegetables.

### Nutritional Information per

#### ▼ Serving

**Calories:** 337  
**Total Fat:** 9g  
**Saturated Fat:** 1g  
**Cholesterol:** 34mg  
**Sodium:** 446mg  
**Total** 47g  
**Carbs:**  
**Dietary Fiber:** 9g  
**Sugar:** 2g  
**Protein:** 24g