

## Carnival Chicken Pasta Salad



### Makes:

7 servings, approximately 1 cup each (300 grams)

### Utensil:

Saladmaster Food Processor

small mixing bowl

large mixing bowl

### Rate Recipe:

Select rating Give Carnival Chicken Pasta Salad 1/5 Give Carnival

Chicken Pasta Salad 2/5 Give Carnival Chicken Pasta Salad 3/5

Give Carnival Chicken Pasta Salad 4/5 Give Carnival Chicken

Pasta Salad 5/5

[Write a Review](#)

### 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 <sup>1</sup>?<sub>2</sub>

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)

<sup>1</sup>/<sub>2</sub>

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

<sup>1</sup>/<sub>2</sub>

cup  
green onions, sliced  
(50  
g)

<sup>1</sup>/<sub>2</sub>

cup  
corn kernels  
(75  
g)

<sup>1</sup>/<sub>2</sub>

cup  
peas  
(75  
g)

15

ounces  
black beans, rinsed and drained  
(420  
g)

## Dressing

<sup>1</sup>/<sub>4</sub>

cup  
+ 2 tablespoons rice vinegar  
(90  
mL)

3

tablespoons  
olive oil  
(45  
mL)

3

teaspoons  
coarse ground mustard  
(15  
mL)

<sup>1</sup>/<sub>2</sub>

teaspoon  
cumin

(2.5

mL)

<sup>1</sup>/<sub>4</sub>

teaspoon

salt

(1.25

mL)

<sup>1</sup>/<sub>4</sub>

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 Carbs:**

47g

**Dietary Fiber:**

9g

**Sugar:**

2g

**Protein:**

24g