

Chicken and Dill Pasta Salad



Makes:

9 servings, 1 cup each

Utensil:

5 Qt./4.7 L Roaster with Cover

10" Chef's Gourmet Skillet

3.5 Qt. Double Walled Bowl

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Recipe:

Contributed By:

Janet Potts, RD, LD

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1 pound
chicken, boneless and skinless, cut into ½-inch strips
(454
g)

3 cups
whole grain penne pasta
(315
g)

½ cup
mayonnaise, fat-free
(120
g)

Directions:

1. Preheat skillet over medium heat. When several drops of water skitter and dissipate place chicken in skillet; the chicken will stick to the pan. Cook until chicken begins to release, approximately 4 minutes. Turn chicken and continue to cook until chicken is cooked throughout, approximately 4 more minutes. Remove from skillet to cutting board.
2. In roaster cook pasta according to directions. Drain.
3. In double-sided bowl place mayonnaise, yogurt, sugar, dill, lemon zest and pepper. Mix well.
4. Add pasta, chicken, oranges segments, grapes and almonds. toss gently. Chill.

Tips:

- May substitute tuna for chicken.

Nutritional Information per

▼ Serving

Calories: 211

Total Fat: 3g

Saturated Fat: 0g

Cholesterol: 2mg
Sodium: 151mg
Total 29g
Carbs:
Dietary Fiber: 3g
Sugar: 8g
Protein: 17g
