

## 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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Salad 5/5

### Contributed By:

Janet Potts, RD, LD

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1

pound

chicken, boneless and skinless, cut into  $\frac{1}{2}$ -inch strips

(454

g)

3

cups

whole grain penne pasta

(315

g)

$\frac{1}{2}$

cup

mayonnaise, fat-free

(120

g)

$\frac{1}{2}$

cup

yogurt, non-fat

(123

g)

4

teaspoons

sugar

(20

mL)

2

tablespoons

fresh dill, chopped

(30

mL)

2

teaspoons

lemon zest, shredded, use Cone #1

(4

g)

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

teaspoon

black pepper

(2.5

mL)

<sup>2</sup>?<sub>3</sub>

cup

mandarin orange segments

(227

g)

1

cup

red grapes, halved

(151

g)

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

cup

almonds, sliced

### 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 Carbs:**

29g

**Dietary Fiber:**

3g

**Sugar:**

8g

**Protein:**

17g