



## Chicken Caesar Pasta Salad

Yield: 1 serving

### Ingredients:

- 2oz whole wheat pasta, any shape cooked al dente
- 3oz cooked chicken, diced or shredded
- 2-3 cups Romaine lettuce
- 10 cherry tomatoes, halved
- 1 oz Parmesan cheese
- 2 tablespoons yogurt dressing of your choice. Try a yogurt-based Caesar dressing (such as Bolthouse) for a lighter alternative.

### Directions:

1. In a large bowl combine pasta, chicken lettuce, tomatoes, and Parmesan cheese. Top with 1-2 tablespoons dressing and mix well.

NOTE: add additional non-starchy vegetables that you like

### Nutrition information:

Calories: 438

Fat: 11g

Sodium: 554mg

Carbohydrates: 46g

Sugar 6g

Fiber: 8g

Protein: 40g