



AULTCARE WELLNESS RECIPE



CHICKEN PASTA SALAD

Pasta Salad Ingredients:

1 ½ box quinoa rotini pasta

Extra-virgin olive oil, for drizzling

1 medium red bell pepper, stemmed, seeded and diced

½ English cucumber, diced

1 cup thinly sliced red onion

¾ cup kalamata olives, pitted and halved

1 cup chopped broccoli

1 can rinsed drained chickpeas

½ cup chopped carrot

1 cup chopped fresh parsley

1 recipe Italian dressing

1 teaspoon sea salt

Freshly ground black pepper

3 cups diced cooked chicken

Nutrition Facts: 363 Cal | 9g fat | 43g carbohydrate | 199mg sodium | 7g fiber | 28g protein



Italian Dressing Ingredients:

6 tablespoons extra-virgin olive oil

3 tablespoons red wine vinegar

3 tablespoons fresh lemon juice

1½ tablespoons finely chopped fresh parsley

1½ teaspoons honey

1½ teaspoons dried oregano

1 garlic clove, grated

¾ teaspoon Dijon mustard

Heaping ¼ teaspoon sea salt

Freshly ground black pepper

Nutrition Facts: 163 Cal | 14g fat | 417mg sodium | 2g carbohydrates

Instructions:

1. Bring a large pot of water to a boil. Prepare the pasta according to the package instructions, cooking until slightly past al dente. Drain and toss with a drizzle of olive oil to prevent sticking. Set aside to cool to room temperature.
2. While the pasta is cooking, prepare the dressing. Combine all ingredients in a jar with a lid, shake to combine.
3. Transfer the cooled pasta to a large bowl and add the chopped vegetables, parsley and drained chickpeas. Toss to combine, then add the dressing, salt and several grinds of pepper and toss again.