

Recipe of the Month – July 2024

Blueberry Chicken Pasta Salad

Serves: 4

Serving Size: 2 cups

Cost per Serving: \$2.11

Ingredients:

For the Dressing

1/2 cup (fresh or thawed frozen) blueberries

2 tablespoons olive oil OR vegetable oil

2 tablespoons balsamic vinegar

1/2 teaspoon Dijon mustard

2 teaspoons honey

1/4 teaspoon salt (optional)

For the Salad

1 1/2 cups fresh blueberries

3 cups whole grain pasta, cooked and cooled

12 oz chicken breast, cooked and sliced

4 cups leafy greens (spinach, romaine, kale, etc.)

1/2 cup red onion, chopped

1 medium bell pepper, chopped



Directions:

1. Add dressing ingredients to a jar with a lid and shake to blend or combine in a small bowl and whisk them together.
2. Combine salad ingredients in a large mixing bowl and toss with dressing

TIPS

Substitute chickpeas or white beans for the chicken to make this dish vegetarian.

Nutrition Facts per Serving: 440 calories, 13g total Fat (2.3g sat. fat),

70mg.Cholesterol, 220mg Sodium, 50g Carbohydrates, 7g Fiber, 14g Sugar, 34g Protein

Recipe compliments of Ohio SNAP-Ed (Ohio State Extension) Celebrate Your Plate 2024 Calendar



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