

Recipe of the Month – July 2024

OXHEHUULEFNH3DWD6DODG

Serves: 4

Serving Size: XS

Cost per Serving: \$

Ingredients:

For the Dressing

- 2 cup fresh or thawed frozen blueberries
- 2 tablespoons olive oil vegetable oil
- 2 tablespoons balsamic vinegar
- 2 teaspoon Dijon mustard
- 2 teaspoons honey
- 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. In a small bowl, combine blueberries, olive oil, balsamic vinegar, Dijon mustard, honey, and salt. Whisk until well combined.

2. In a large bowl, combine whole grain pasta, sliced chicken breast, leafy greens, red onion, and bell pepper. Toss with the dressing.

7/3/24

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Nutrition Facts per Serving: calories, total Fat (s at. fat),

mg. Cholesterol, mg Sodium, Carbohydrates, Fiber, Sugar, Protein

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

