Chicken Club Salad

INGREDIENTS:

1 c. uncooked whole-wheat macaroni
(such as rotini, rotelle)
6 c. romaine lettuce or
spinach, torn into pieces
2 c. chopped veggies
(any mixture of
green pepper, celery,
cucumber, carrots,
cauliflower)
2 large tomatoes, chopped
1½ c. roasted (or grilled)
chicken breast, cut into cubes
½ c. low-fat Italian dressing
1 hard-cooked egg, sliced
(optional)
¼ c. cheddar cheese, shredded

DIRECTIONS:

Cook pasta according to package directions. Drain and cool. Place 1½ cups of lettuce in each of four large bowls or plates. Combine pasta, chopped vegetables and chicken. Add Italian dressing to pasta, vegetables and chicken. Toss lightly to coat, then divide evenly among the four bowls. Top each serving with egg slices and shredded cheese.

NUTRITION:

Makes four servings. Each serving has 260 calories, 8 grams (g) fat, 19 g protein, 31 g carbohydrate, 6 g fiber and 380 milligrams sodium.