

MEDITERRANEAN PASTA SALAD



Prep Time: 10 minutes

Cook Time: 15-20 minutes

Yield: 4 servings

Serving Size: 14.2 oz. (2 cups of arugula & ~1 1/2 cup pasta mixture)

Ingredients

- 4 oz. short shape dry pasta (we are using whole grain pasta)
- 1 lb. boneless skinless chicken breast (or 12 oz if using pre-cooked)
- 4 garlic cloves, minced
- ½ red onion, chopped
- 4 tbsp white wine vinegar diluted
- ¾ cup low sodium broth
- Juice of 1 lemon
- 6 roma tomatoes, chopped
- 1 15-ounce can low sodium cannellini beans
- 8 cups arugula (1 large bag)
- 1 tsp dried thyme
- 1 tsp oregano
- ½ tsp crushed red pepper
- 1 tbsp extra virgin olive oil
- 4 tbsp. feta cheese crumbles

Nutrition Facts	
4 servings per container	
Serving size	1 serving (374g)
Amount per serving	
Calories	410
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 140mg	6%
Total Carbohydrate 46g	17%
Dietary Fiber 6g	22%
Total Sugars 4g	
Protein 40g	
Vit. D 0.03mcg 0% • Calcium 182mg 15%	
Iron 5mg 30% • Potas. 1140mg 25%	

Directions

1. Bring a pot of water to a boil. Cook the pasta in boiling water according to package directions.
2. While the pasta boils, work on the sauce. In a large skillet, heat 1 tablespoon extra virgin olive oil over medium heat. Add the garlic, onions, thyme, oregano, and pepper flakes. Cook, stirring occasionally, for about 3 to 5 minutes or until the garlic and onions have softened.
3. Add the white wine vinegar and broth. Cook for a couple of minutes until it reduces a bit, then add the lemon juice. Add the tomatoes, beans, cooked pasta, pre-cooked chicken and cook for 5 minutes.
4. Top finished pasta salad over a bed of arugula and top with feta cheese. Enjoy!



*If using this recipe in your personalized ATNG meal plan, 2 protein, 2 starches, 2 vegetables, and 1 fat serving.