

# CHICKEN CAESAR PASTA SALAD

## AFFODABLE DIABETES MANAGEMENT

### INGREDIENTS

- 8 ounces short whole grain pasta
- 1 cup fat free plain Greek yogurt
- 1 tablespoon Dijon mustard
- 1/4 cup parmesan cheese
- 2 tablespoons olive oil
- 1 teaspoon dried parsley
- Juice of 1/2 lemon
- 1 box (10 ounces) grape tomatoes, quartered
- 1 head romaine lettuce
- 1 can (10 ounces) cooked chicken, drained and shredded
- Black pepper to taste

### INSTRUCTIONS

1. Cook pasta according to package instructions, drain, and set aside.
2. In a small bowl, whisk together yogurt, mustard, parmesan, olive oil, parsley and lemon juice.
3. In a large bowl, combine tomatoes, lettuce, chicken, cooked pasta, and dressing.
4. Toss well to combine
5. Top with black pepper to taste.



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DIABETES FRIENDLY



6 SERVINGS



15 MIN