

NUTRITION BASICS *for* OBESITY

IN PARTNERSHIP WITH UK COLLEGE OF MEDICINE

MEDITERRANEAN CHICKEN PASTA SALAD

MAKES 10 SERVINGS

INGREDIENTS

DRESSING

- 1/2 cup olive oil
- 2 tbsp red wine vinegar
- 2 tbsp fresh lemon juice
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp each salt and pepper

PASTA

- 1 box (16oz) whole wheat spiral pasta
- 1/2 bag (2.5oz) fresh baby spinach
- 1 box (10 oz) grape tomatoes, quartered
- 1 cucumber, diced
- 1/2 red onion, thinly sliced
- 2 cups shredded cooked chicken
- 2 cups crumbled feta cheese

INSTRUCTIONS

1. Cook the pasta 7-9 minutes or according to package instructions
2. Whisk together all dressing ingredients and set aside
3. While pasta cooks, dice all vegetables
4. When pasta is ready, drain in a colander and return to the hot pot
5. Add the spinach and stir well to combine, then cover with lid for 5 minutes or until spinach is wilted
6. Add diced vegetables, dressing, chicken, and most of the feta cheese, reserving a small amount for garnish
7. Transfer to a bowl and chill in the refrigerator for at least 30 minutes
8. Garnish with feta and enjoy!