

# V Y P

Vary Your Protein Recipe Series

## Recipe Category: Cold Main Dish

### Poultry, Pasta and Vegetables Dinner Salad

Yield: 2 servings, about 1 cup each

2 tablespoons onion, thinly sliced  
1 clove of garlic, thinly sliced  
1 tablespoon water  
1/8 teaspoon crushed red pepper flakes, or more if desired  
1/4 cup frozen sliced carrots, chopped  
1 cup fresh (or 1/2 cup frozen) chopped spinach  
1/2 cup cooked black or garbanzo beans, cooked without salt, drained and rinsed  
1/2 cup chopped cooked chicken or turkey, without skin or bones and trimmed of fat  
1/2 cup cooked pasta, such as macaroni or penne, preferably whole wheat  
1 tablespoon grated Parmesan cheese  
2 tablespoons reduced fat "light" ranch dressing

1. Wash your hands and work area.
2. Heat a skillet sprayed with non-stick cooking spray over medium heat. Cook onion and garlic for about 3 minutes, until softened and fragrant.
3. Add water, red pepper flakes, carrots and spinach. Heat until spinach is wilted. Remove from heat.
4. Transfer mixture to a serving bowl. Stir in remaining ingredients.
5. Cover and refrigerate for several hours to allow flavors to blend.
6. Serve chilled.
7. Cover and refrigerate leftovers within two hours.



#### Meal suggestion:

*Serve with tomato slices, toasted bagels, apricots and low-fat milk.*

*This healthy, lean cold main dish is an excellent source of vitamin A and dietary fiber, and a good source of calcium, iron and vitamin C.*

### Nutrition Facts

Serving Size about 1 cup (183g)  
Servings Per Container 2

#### Amount Per Serving

Calories 230	Calories from Fat 60
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% Daily Value\*

Total Fat 7g	11%
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Saturated Fat 1.5g	8%
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Trans Fat 0g	
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Cholesterol 40mg	13%
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Sodium 280mg	12%
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Total Carbohydrate 25g	8%
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Dietary Fiber 6g	24%
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Sugars 2g	
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Protein 19g	
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Vitamin A 70%	• Vitamin C 10%
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Calcium 10%	• Iron 10%
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\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000	2,500
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Total Fat	Less than 65g	80g
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Saturated Fat	Less than 20g	25g
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Cholesterol	Less than 300mg	300mg
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Sodium	Less than 2,400mg	2,400mg
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Total Carbohydrate	300g	375g
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Dietary Fiber	25g	30g
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Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

*1 1/2 carbohydrate choices per serving.*