

VYP

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.



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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
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 280mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 19g	

Vitamin A 70% • Vitamin C 10%

Calcium 10% • Iron 10%

*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
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

1 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition/. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.