Dinner Tonight!
California Chicken Pasta Salad

1 1/3 cups cooked penne or similar pasta
8 ounces chicken breast cooked and diced (about 2 cups)
1 large celery stalk, thinly sliced
1 large scallion, trimmed and chopped
1 Tablespoon minced cilantro

Dressing:
1/3 cup orange juice
1/4 teaspoon curry powder
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon white wine vinegar
1 teaspoon canola oil
1/4 cup small diced avocado

In a large serving bowl combine pasta, chicken, celery, scallion, and cilantro. In small bowl combine orange juice, curry powder, salt, pepper, vinegar and oil. Stir well. Pour dressing over salad and toss well. Add avocado and toss gently.

Preparation Time: 10 minutes
Serves: 4 (1 cup per serving)
Cost per serving: $1.25

Nutrition facts per serving
Calories: 197
Total Fat: 5 g
Cholesterol: 44 g
Sodium: 191 mg
Total Carbohydrate: 18 g
Fiber: 2 g
Protein: 20 g

Serve with: Raw vegetables