



Summer Pasta Salad

🕒 15 MINS PREP | 🕒 30 MINS COOK | 🍴 8 SERVINGS

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INGREDIENTS

2 pounds Boneless Skinless Chicken Breast
 1/4 cup Lemon Juice
 1 pound Whole Wheat Pasta
 4 Green Onions (Scallions) chopped

1/2 cup Red Onions diced
 4 cups Raw Spinach
 1 pint Blueberries
 1/3 cup Sliced Almonds
 1/4 cup Fresh Basil

Dressing

1/2 cup Olive Oil
 1/4 cup Apple Cider Vinegar
 1/4 cup Lemon Juice

NUTRITION INFORMATION PER SERVING

Calories 487kcal	Sodium 69mg
Carbs 47g	Fiber 9g
Protein 35g	Added Sugar 0g
Total Fat 20g	Fruits 0.28 servings
Saturated Fat 2.66g	Vegetables 0.43 servings

Method

1. Preheat the oven to 375. Add chicken to a baking dish and drizzle with olive oil, lemon juice, salt and pepper. Bake for 20-30 minutes until cooked through.
2. While the chicken is cooking, boil the water for the pasta. Cook pasta until desired doneness.
3. Chop your onions and scallions, adding to a large bowl.
4. Add all other ingredients. Option to use any berry or nut.
5. Add the strained pasta to the bowl.
6. Shred or chop the cooked chicken and stir all ingredients together. Add the dressing and chill in the refrigerator before serving.

