

Pasta Chicken Salad

Ingredients

- 3 cups pasta, cooked and drained (spiral recommended)
- 2 cans (4.5 oz. each) chicken breast in water, drained
- 1 can diced tomatoes, drained
- 1/2 cup frozen peas, thawed OR 1 can peas, drained
- 3/4 cup Italian dressing (low-sodium preferred)

Directions

1. Place pasta, chicken, tomatoes, and peas in a large bowl.
2. Add the dressing and toss to coat.
3. Cover and refrigerate for 30 minutes.

Extension

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