Grab ‘n’ Go Dinner for Tonight

Pasta Salad Primavera with Chicken

Ingredients	Where to Find It
3 cups Ronzoni whole wheat Rotini, uncooked	Aisle 2
1/2 lb Broccoli, chopped	Produce
3 sweet mini peppers, diced	Produce
2 carrots, sliced	Produce
1 small yellow squash, sliced	Produce
1/2 red onion, sliced	Produce
3 tbsp. Western Family Extra Virgin Olive Oil	Aisle 5
2 tsp. chopped garlic, prepared in 4.25 oz. jar	Produce
2 tsp. basil packed in water, Prepared in 4.25 oz. jar	Produce
Salt and pepper to taste	
1 12.5 oz. can Tyson white meat chicken breast	Aisle 3
6 oz. chopped Provolone cheese, Crystal Farms	Refrigerated Cheeses

1. Prepare pasta according to package directions; drain and set aside. Meanwhile, steam the broccoli, carrots and squash just until tender, about 4-5 minutes. Place vegetables in a large bowl, along with the mini peppers and onion.
2. Add remaining ingredients and mix well.
3. Add pasta to bowl and toss lightly.

Makes 6 servings

Pasta Salad Primavera with Chicken
Servings Per Meal (6)

Amount Per Serving	
Calories 309	
	% Daily Value*
Total Fat 16.9g	26%
Saturated Fat 6.4g	32%
Trans Fat 0g	
Cholesterol 69.5mg	23%
Sodium 369mg	15%
Total Carbohydrate 13g	4%
Dietary Fiber 3.5g	14%
Sugars 6g	
Protein 28g	

*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

Shape Up Tip
To make this a complete meal, add:
- **Green salad & a slice of watermelon**
- **Beverage**

Tonight’s Grab ‘n’ Go Dinner Cost per serving: $1.63

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

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All ingredients will be marked with the Shape Up Kittitas County logo.