



Category (Salads)

Aundrea's Chicken and Veggie Pasta Salad

Submitted by (Aundrea Carlson)

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| <p><u>Recipe</u></p> <p>2-3 boneless, skinless chicken breasts 1 16 oz. package pasta, I like Penne 8 oz. grated Monterey Jack cheese 1 each red, orange and yellow peppers, chopped into small chunks 2 good size handfuls spinach, chopped 2 Roma tomatoes, cubed into small chunks 1 bottle Kraft Zesty Italian or Sun Dried Tomato Vinaigrette dressing, or I like to use a combination, to taste Olive oil Salt Pepper</p> <p>Drizzle olive oil over the bottom of a 9x13 pan. After removing fat, place chicken breasts in pan, sprinkle with salt and pepper, turn over, and repeat. Bake at 350 degrees for one hour. Let cool, then chop into smallish chunks. While chicken is baking, make pasta according to instructions - I like mine on the firm side. Drain, and let cool. Slice cheese into small cubes and use all or to taste in salad. Chop tomatoes and peppers into small chunks, and use to taste. Chop spinach. After everything is prepared and chicken is cool, toss all ingredients together with desired amount of dressing. Refrigerate an hour or two or until ready to serve.</p> | <p><u>Grocery List</u></p> <p>2-3 boneless, skinless chicken breasts 1 16 oz. package pasta, I like Penne 8 oz. grated Monterey Jack cheese 1 each red, orange and yellow peppers Spinach 2 Roma tomatoes 1 bottle Kraft Zesty Italian or Sun Dried Tomato Vinaigrette dressing, or use a combination, to taste Olive oil, if not on hand</p> |
| <p><u>Side dish</u></p> <p>This salad is great as a side dish or is also filling and varied enough for a full meal. Enjoy!</p> | <p><u>Tips/Helpful hints</u></p> <p>This was a salad I created over the summer, and I think it's a keeper. You can use any fresh tomatoes, spinach, or peppers from your garden for it. Or feel free to experiment with other different veggies, like broccoli. If you want a lighter salad, just leave out the chicken and/or cheese.</p> <p>The measurements of ingredients here are approximate, as both times I have made this salad I have made it on a larger scale, so I tried to adjust accordingly. Obviously, you can scale the salad amount up or down.</p> <p>I like this salad best served cold, though it can go either way. If you like it cold, be sure and plan ahead to let it refrigerate for at least an hour or two before serving.</p> |