



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Pasta Salad with Chicken and Vegetables

A hearty and versatile pasta salad—perfect for barbecues or picnics—loaded with chicken, chickpeas, veggies, and tossed in a tangy balsamic vinaigrette.

Active Time: 15 mins | Cook Time: 15 mins | Servings: 10

NUTRITION NOTES

- Lean and protein-rich, **canned chicken breast** helps fuel your body with essential amino acids for muscle repair and maintenance. It's also a convenient source of iron and B vitamins—particularly B6 and B12—that support energy production, nerve function, and healthy red blood cells.
- Mild and nutty in flavor, **garbanzo beans (also known as chickpeas)** are packed with plant-based protein and fiber, which help keep you full, support healthy digestion, and stabilize blood sugar. They also provide folate, manganese, and iron—important nutrients for cell health and metabolism.
- Made with **whole-wheat pasta**, this dish supplies complex carbohydrates and additional fiber compared to regular pasta, providing steady energy and supporting heart and gut health. Even regular pasta contributes B vitamins and energy-sustaining starches, making it a satisfying base for the salad.
- **Frozen mixed vegetables**—usually a colorful blend of carrots, peas, corn, and green beans—add a spectrum of vitamins, minerals, and antioxidants that promote a healthy immune system, healthy skin, strong bones, and reduced inflammation.



Pasta Salad with Chicken and Vegetables

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Courtesy of:



INGREDIENTS

- 1 (15 oz) can garbanzo beans, drained & rinsed
- 1 (6 oz) cooked can chicken breast (packed in water), drained & rinsed
- 1/2 cup balsamic vinaigrette dressing
- 16 oz uncooked whole-wheat pasta
- 10 oz frozen mixed vegetables

INSTRUCTIONS

1. Bring a large pot of water to a boil. Cook pasta according to package directions.
2. Two minutes before pasta is done, stir in frozen mixed vegetables; cook until tender. Drain.
3. While pasta cooks, mix chickpeas, chicken, and dressing in a large bowl.
4. Add pasta and vegetables to the bowl and toss gently to combine.
5. Serve warm or chilled.

Cooking tip: Garbanzo beans are also known as chickpeas. You can swap in other beans or use tuna instead of canned chicken. Choose smaller pasta shapes (rotini, shells) for even distribution of ingredients.

Nutrition Profile: Lean Protein | Low-Saturated Fat | Moderate-Sodium | Antioxidant-Rich | Plant-Forward | Good Source of Fiber

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 10 | Serving Size: 1 cup | Calories: 315

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| • Total Fat: 11g | • Total Carbohydrate: 14g | • Vitamin C: 45% |
| • Saturated Fat: 1g | • Dietary Fiber: 6g | • Calcium: 6% |
| • Trans Fat: 0g | • Sugars: 7g | • Iron: 6% |
| • Cholesterol: 0mg | • Protein: 3g | |
| • Sodium: 160mg | • Vitamin A: 15% | |

**Nutrition information provided directly by Eat Right and reflects values listed at the time of publication. Recipe sourced from: www.eatright.org*