

Chicken Rainbow Salad



Serves 6

Ingredients:

- 3 cups dry tricolor rotini noodles
- 2 cups cooked, cubed chicken
- 1 medium cucumber, sliced
- 1 cup sliced celery
- ½ red onion, sliced thin
- ½ cup light mayonnaise
- ½ cup light sour cream
- 2 tbsp skim milk
- 1 tsp dried dill weed
- ¼ tsp pepper

Procedure:

- Cook pasta according to package directions, omitting salt and oil. Drain.
- Meanwhile, in a large bowl, blend mayonnaise, sour cream, milk and seasonings.
- Toss dressing with salad mixture.

Per serving:

- Calories: 302
- Protein: 21 gm
- Carbohydrates: 34 gm
- Fat: 9 gm

This is an excellent main dish salad for the summertime or it can be served as a side salad anytime. For an attractive presentation, serve on a bed of lettuce.