

Chicken and Macaroni Salad

2 chicken breasts
2 cups uncooked elbow macaroni
1 cup frozen green peas
1 stalk celery
 $\frac{1}{2}$ teaspoon black pepper
 $\frac{1}{3}$ cup Italian dressing

Makes 10 portions, $\frac{1}{2}$ cup each

Per portion

Calories:	143
Carbohydrate:	15 grams
Protein:	10 grams
Fat:	4 grams
Saturated fat:	1 gram
Cholesterol:	13 milligrams
Sodium:	97 milligrams
Dietary fiber:	1 gram

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1. Skin chicken if not using skinless chicken. Cook chicken (grill, roast or sauté) and set aside to cool. De-bone chicken, if needed, and chop.
 2. Bring large pot of water to a boil. Cook macaroni according to package directions. Do not add salt to the water. During final two minutes of cooking time, add peas to pasta in cooking water.
 3. Wash and thinly slice celery.
 4. Drain pasta and peas well. Place in large mixing bowl.
 5. Add chicken, celery, and pepper.
 6. Stir in dressing to mix and coat.
 7. Refrigerate 2 hours before serving.