Chicken Pasta Salad

Ingredients (makes 12 servings):

- 16 ounces rainbow rotini pasta
- 2 cups shredded cooked chicken meat
- 2 stalks of celery, diced
- 1/2 red onion, diced
- ¾ cup light mayonnaise
- ¾ cup light sour cream
- salt and pepper to taste
- 1 teaspoon dried dill
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder

Directions:

1. **Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain and rinse with cold water to cool.**
2. **In a large bowl, stir together chicken, celery, onion, and mayonnaise. Fold in cold pasta, and season to taste with salt and pepper. Place in the refrigerator and let rest for at least an hour before serving.**

Nutrition Tip: Using light mayonnaise and replacing some of the mayonnaise with sour cream provides a lower-fat option.

Cooking Tip: Trying to chop your onion and celery to be close to equal in size will allow for more even bites.

Substitutions: You can replace the mayonnaise and/or sour cream with Greek yogurt for a similar texture with tang, with lower fat and higher protein.

Nutrition Facts

Servings: 1 Calories: 250 Sodium: 155mg Fat: 9g
Saturated Fat: 1.4g Protein: 11g Sugar: 2g Carbs: 30g

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