

ilovepasta.org

The National Pasta Organization Web site has a search engine that seems to return a lot of false hits. But one real response to our three-word query was an Asian Pasta Toss that included chicken.

Asian Pasta Toss

PICTURED ON THE COVER



- 1 pound rotini, twists or spirals*
- 1/2 cup bean sprouts*
- 2 cups cooked chicken or turkey, diced*
- 1 cup thinly sliced carrots*
- 1 cup diagonally sliced celery*
- 1 (8-ounce) can water chestnuts, sliced*
- 1/2 cup green pepper, cut into matchstick strips*
- 1 cup honey-mustard salad dressing*
- 1 tablespoon Dijon-style mustard*
- 1/4 teaspoon pepper*
- 3 tablespoons low-sodium soy sauce*

Prepare pasta according to package directions. Rinse in cold water; drain thoroughly.

In large bowl, mix pasta with bean sprouts, chicken, carrots, celery, water chestnuts and green pepper. Mix remaining ingredients together. Stir into pasta mixture. Cover and chill several hours. Makes 6 to 8 servings.

**Per serving: Cal 394 (15% fat) Fat 7 g (1 g sat) Fiber 5 g
Chol 40 mg Sodium 408 mg Carbs 59 g Calcium 40 mg**

Source: ilovepasta.org