



Chicken Pasta Salad (Rice Pasta) GLUTEN-FREE

****This Recipe is Kid Kritics Approved!****

PREHEAT: 1 burner

PANS/EQUIPMENT: medium saucepan, mixing bowl, colander, cutting board & knife

PREP TIME: 15 minutes

COOK TIME: 15 minutes (use leftover chicken!)

NUMBER OF SERVINGS: 4 or more depending on age

1/2 cup brown rice pasta in shape of choice

Place in medium pan. Simmer until just under done. Strain in cool water. Put aside.

2 large broccoli flower heads, steamed

Cut off the flower tips. Place in medium bowl

1/4 cup peas, frozen

Take out of freezer. Put in colander to thaw. Pat dry with paper towel. Place in bowl with broccoli.

2 Tbsp mozzarella cheese, shredded

2 Tbsp Parmesan cheese, grated

1/4 tsp paprika

Place in bowl with peas and broccoli. Stir gently.

1 cup chicken, precooked

Gently stir into salad just before serving.

4 Tbsp. Parmesan dressing (reduced sodium)

Gently stir into salad just before serving. Serve hot or cold!

OPTIONS: Add 1/4 cup shredded carrots. Add cherry tomatoes. Use leftover chicken or Shelton's Premium Canned Chicken Breast to save on prep time.

5+ FOOD COLORS: tan, green, white, red, golden, + orange option

5+ FOOD GROUPS: grains, vegetables, dairy, poultry, herbs/spices, + fruit option

The Kid Kritics said this recipe looked, smelled and tasted good. Eighty-six percent gave this salad high ratings. When asked if they would like this for lunch as school, they said, "Yes!" A couple pushed the peas aside which is okay, but only a couple. The rest ate them. No broccoli, chicken or pasta was left behind. No one noticed they were eating brown rice pasta. As far as they were concerned, it was delicious and they wanted more. The key to EASY is to cook extra chicken, broccoli and pasta for a previous dinner thereby creating left-overs. Then you simply throw this recipe together. We speak as voices of experience!

WINTER NUTRIENTS in this recipe:

Zinc: Peas, broccoli, mozzarella and parmesan cheese, chicken, paprika - not a lot but collectively all counts.

Vitamin C: peas, broccoli, paprika. Yes, vegetables contain lots of vitamin C!

