

ORANGE CHICKEN PASTA SALAD

Low in calories and diabetic friendly. Rich vitamin C, potassium, and fiber

Serves 4

Total Cost = \$5.95*

INGREDIENTS

- 1 teaspoon chopped fresh ginger
- 1/4 cup orange juice
- 1/4 cup vegetable oil
- 1 (1 ounce) package dry onion soup mix
- 2 teaspoons white sugar
- 1 clove garlic, pressed
- 1 (8 ounce) package pasta
- 1/2 cucumber, halved lengthwise and sliced
- 1/2 cup diced red bell pepper
- 1 carrot, shredded
- 1 orange, cut into segments
- 2 cups diced cooked chicken
- 1/2 cup sliced almonds

INSTRUCTIONS

1. To make the dressing, whisk together the ginger, orange juice, vegetable oil, soup mix, sugar, and garlic until well blended. Cover, and refrigerate until needed.
2. Bring a large pot of lightly salted water to a boil. Add the pasta and cook for 8 to 10 minutes; drain, and rinse under cold water. Place pasta in a large bowl.
3. To make the salad, toss the cucumber, bell pepper, carrot, oranges, chicken, and almonds with the pasta. Pour the dressing over the salad mixture, and toss again to coat evenly. Serve immediately.

**Pricing details are from walmart.com and may vary depending on season and location.*


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