



Chicken & Tangerine Pasta Salad

Serves 6 (about 1½ cups each)

2 cups bow-tie pasta, uncooked

2 cups cooked chicken breast, cubed

4 tangerines, peeled and sectioned

½ red onion, sliced and separated into rings

½ cup low-fat mayonnaise or salad dressing

1/3 cup frozen orange juice concentrate, thawed

dash paprika

Cook pasta according to package directions. Drain; rinse with cold water and drain again. In a large bowl mix chicken, tangerines and onion. Add pasta and gently mix. In a separate small bowl, mix together mayonnaise, orange juice concentrate and paprika. Pour dressing over salad mixture and mix gently. Chill until serving.

Per serving: 440 calories, 4.5 g fat, 28 g protein, 75 g carbohydrate, 4 g fiber, 530 mg sodium