Chicken Rotini Salad with Rosemary

Serves 8; 1 1/2 cups per serving

8 ounces dried multigrain rotini pasta
3 cups cubed cooked skinless chicken breasts, about 15 ounces cooked (see Cook’s Tip at end of recipe)
2 14-ounce cans artichoke hearts, rinsed, drained, and coarsely chopped
2 cups grape tomatoes, halved (about 10 ounces)
2 cups fresh baby spinach (about 2 ounces)
2/3 cup finely chopped red onion
2 2.25-ounce can sliced black olives, drained
6 tablespoons red wine vinegar
2 tablespoons olive oil (extra-virgin preferred)
1 teaspoon dried rosemary, crushed
1/2 cup crumbled low-fat blue cheese

In a stockpot or large saucepan, prepare the pasta using the package directions. Drain in a colander. Run under cold water to stop the cooking process and cool the pasta quickly.

Meanwhile, in a large bowl, stir together the remaining ingredients except the blue cheese.

Stir in the pasta. Gently fold in the blue cheese.

Cook’s Tip. If you don’t have pre-cooked chicken breast available for this dish, discard all the visible fat from 20 ounces of skinless, boneless chicken breasts, then cut the chicken into bite-size pieces. Heat a small skillet over medium-high heat until hot. Remove the skillet from the burner and lightly spray with cooking spray (keeping far from a gas flame). Cook the chicken for 3 to 4 minutes, or until no longer pink in the center, stirring constantly.

NUTRITION ANALYSIS (per serving)

Calories 296  
Total Fat 9.0 g  
Sodium 444 mg  
Carbohydrates 29 g  
Fiber 5 g  
Protein 25 g  
Dietary Exchanges: 3 oz lean meat, 1 1/2 starch, 1 vegetable

Source: www.heart.org—American Heart Association