Chicken Club Salad  
Makes 4 – 2 cup servings

Ingredients:
1 cup pasta, uncooked
4 cups lettuce, torn into bite-sized pieces
2 cups chopped or sliced vegetables (Green pepper, celery, cauliflower, cucumber, carrots)
1 tablespoon fresh basil, chopped (optional)
1 tablespoon fresh parsley, chopped (optional)
1 ½ cups cooked chicken, cut in bite-sized pieces
½ cup low-fat Italian dressing
1 hard cooked egg, sliced
½ cup shredded low-fat cheese

Directions:
1. Cook pasta according to package directions; drain and cool.
2. Place 1 cup of the lettuce in each of 4 large bowls or plates.
3. Combine chopped vegetables, basil, parsley, chicken and pasta.
4. Add dressing; toss lightly to coat. Divide evenly among the 4 bowls.
5. Top each serving with a few egg slices and shredded cheese.

Source: Healthy Cents curriculum by the University of Maryland Extension