

8 Chicken and Cranberry Pasta Salad



Whole wheat pasta, various-shaped, uncooked	1 lb.	450 g
Chicken grills, cooked and cut into strips (806-0219)	2 lbs.	900 g
Vinegar	180 ml	¾ cup 180 g
Soy sauce	60 ml	¼ cup 70 g
Maple syrup	60 ml	¼ cup 85 g
Canola oil	125 ml	½ cup 115 g
Dried cranberries	750 ml	3 cups 375 g
Red pepper, diced	1	120 g
Green pepper, diced	1	165 g
Onion, thinly sliced	1	150 g

- : 10
- : 20 minutes
- : 10 minutes
- : no

Nutrition Facts	
For 1 salad (280 g)	
Amount	% Daily Value
Calories 530	
Fat 15 g	23%
Saturated 1.5 g	
+ trans 0.3 g	9%
Polyunsaturated 3.5 g	
Omega-6 2.5 g	
Omega-3 1 g	
Monounsaturated 7 g	
Cholesterol 65 mg	22%
Sodium 580 mg	24%
Potassium 410 mg	12%
Carbohydrates 72 g	24%
Fibre 3 g	12%
Sugar 35 g	
Protein 27 g	
Vitamin A 30 RE	2%
Vitamin C 30 mg	50%
Calcium 32 mg	2%
Iron 1.6 mg	10%
Phosphorus 82.2 mg	8%

- 1 Cook pasta for 8 to 10 minutes until al dente, according to package directions.
- 2 Drain pasta once it is cooked.
- 3 Mix other ingredients and add to cooked pasta.
- 4 Mix and serve.

Chef's Remarks You may also replace cranberries with raisins.	Canada's Food Guide Portions 2 servings of vegetables and fruit + 1 ½ servings of grain products + 1 ¼ servings of meat and alternatives.	Olymel Product Allergens *Contains : none	Food Exchange System 2 servings of starch + 1 serving of vegetables + 2 ½ servings of other foods + 2 ½ servings of meat and alternatives + 1 ½ servings of fat.
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*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)