

Bow Tie Pesto Chicken Salad

Carol Maxwell

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 pound bow tie pasta
2 chicken breasts (rotisserie
does well)
olive oil
garlic
1 pound mushrooms, sliced
1 container refrigerated
pesto sauce
1/2 cup Parmesan cheese*

Cook the bow tie pasta according to package instructions.

Chop up two rotisserie chicken breasts in chunks. Saute' quickly in a skillet with olive oil and garlic for the flavor.

Saute' the mushrooms in butter and garlic.

In a bowl, combine the chicken, mushrooms, pasta and Parmesan cheese.

Serve warm or cold.

(To reheat, add a little olive oil.)

Per Serving (excluding unknown items): 292 Calories; 14g Fat (39.4% calories from fat); 26g Protein; 22g Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol; 762mg Sodium. Exchanges: 2 1/2 Lean Meat; 4 1/2 Vegetable; 1 Fat.