



Grilled Chicken With Smoky Caprese Pasta Salad

 Guiding Stars

Servings: Serves 4 as an appetizer

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

8 oz. Hannaford whole-wheat penne pasta (about 2 1/2 cups)

4 boneless, skinless chicken breasts

2 tsp. olive oil

Salt and pepper

1/4 cup Hannaford Balsamic Vinaigrette Dressing

3 tomatoes, halved and cut into thin wedges

4 oz. smoked mozzarella cheese, cut into 1/4 inch pieces

1/2 cup torn fresh basil leaves



Directions

1. Heat grill to high, then clean and oil grates. Cook pasta according to package instructions.
2. While pasta is cooking, pat chicken dry with a paper towel, rub with oil, and season with salt and pepper. Grill chicken until well browned and cooked through, about 5 minutes per side.
3. Tent chicken with foil and set aside. Drain pasta and rinse with cold water to cool. Add pasta to a large bowl and toss with tomatoes, cheese, balsamic vinaigrette, and basil. Season with salt and pepper to taste and serve with chicken.

Source: Hannaford fresh Magazine, July - August, 2017

Nutrition

Nutritional Facts

Servings Serves 4

Base Nutrients

Calories	440 kcal(22%)
Calories from Fat	162 kcal(0%)
Total Fat	18 g(27%)
Saturated Fat	2 g(10%)
Cholesterol	115 mg(38%)
Sodium	320 mg(13%)
Total Carbohydrates	27 g(9%)
Dietary Fiber	4 g(16%)
Protein	44 g(73%)

Vitamins

Vitamin A	n/a
Vitamin C	n/a

Minerals

Calcium	n/a
Iron	n/a
