



## Southwestern Chicken and Pasta

### INGREDIENTS:

- 1 pound skinless chicken breast
- 4 cups salsa
- 1 cup black beans, canned or cooked dried
- 1 cup corn, canned or frozen, thawed
- ½ cup reduced-fat cheddar cheese
- ¾ pound rigatoni pasta

### DIRECTIONS:

1. Cook pasta according to package directions.
2. While pasta is cooking, cut chicken into ¾ inch pieces.
3. Spray skillet with non-stick spray.
4. Cook chicken 3 to 5 minutes or until done (internal temp 170°F)
5. Add 1 cup salsa, beans and corn to chicken; cook 10 minutes.
6. Toss chicken with pasta and add remainder of salsa.
7. Top with cheese and serve.

Yield:8 servings. 430 Calories per serving. Total fat 8g; saturated fat 2.5g; cholesterol 205mg; sodium 490mg; Protein 66g; Total carbohydrate 23g; Dietary fiber 3g