

Southwestern Chicken and Pasta



Ingredients

1 cup uncooked whole wheat rigatoni	1 tsp cumin
2 boneless skinless chicken breasts (4 oz each, cubed)	1/2 tsp chili powder
1/4 cup salsa	1/2 cup canned black beans, rinsed and drained
1 can low sodium tomato sauce (15 oz)	1/2 cup fresh or frozen corn
1/8 tsp garlic powder or 1 garlic clove, minced	

Instructions

Bring a large pot of water to a boil. Add the pasta and cook until tender, 10 to 12 minutes. Drain. Over medium heat, saute the chicken until browned, 7 to 10 minutes. Stir in the salsa, tomato sauce, garlic powder, cumin, chili powder, black beans and corn. Stir and cook until heated through. Add the pasta and gently toss to mix evenly.

Nutrition Information Per Serving

Serving Size: 1 1/2 cups

Serves 4

Calories: 237

Fat: 5 gm

Saturated Fat: 2 gm

Sodium: 325 mg

Fiber: 5 gm

Carbohydrates: 29 gm

Protein: 19 gm

Cholesterol: 44 mg