

# Southwestern Pasta Salad

- This pantry staple salad can be put together in less than 30 minutes, for a quick meal option.
- This dish can be made without a stovetop by cooking the pasta in the microwave, adding 3-4 minutes to the box cook time.
- It is an excellent source of both fiber and protein, with or without chicken.
- Use leftover cooked chicken, or can tuna or salmon in place of can chicken.
- This recipe can easily be doubled for larger families or leftovers for more meals during the busy work week.

<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	<b>3/4 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>400</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 750mg	<b>33%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 11g	<b>39%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 4mg	20%
Potassium 746mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Southwestern Pasta Salad

Servings: 3    Prep Time: less than 30 minutes

## Ingredients:

- 1 1/2 cups cooked whole wheat pasta (macaroni, rotini, penne)
- 1 can (10oz.) chicken breast, drained
- 1 can (15oz.) low-sodium black beans, drained and rinsed
- 1/2 cup (4 ounces) canned corn, drained and rinsed
- 1 can (10oz.) Rotel® tomatoes w/ chilies, drained
- 1 Tablespoon Mrs. Dash Special -Chicken blend, or any no salt seasoning blend
- 2 Tablespoons oil (Canola, olive, or vegetable oil)
- 2-4 Tablespoons lime juice or juice of 1 lime

## Directions:

1. Cook pasta according to directions on package.
2. While pasta is cooking;, Drain canned vegetables and chicken.
3. Rinse beans under cold water. Drain completely.
4. Mix drained ingredients in large bowl.
5. Season with spices.
6. Mix lime juice and oil completely.
7. Add to salad ingredients and mix well.
8. Let rest or chill 10 minutes before serving.

## Recipe created by:

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