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Arizona Skillet

Ingredients

1 Tablespoon olive oil
1 small onion
1 green pepper
1-2 teaspoons minced garlic
1 Tablespoon chili powder
Pinch of salt
½ teaspoon cumin
1 (14 oz.) can diced tomatoes
1 (16 oz.) can pinto or kidney beans
1 cup frozen corn
6 – 8 oz. whole wheat pasta of your choice, e.g. shells, cooked
½ cup shredded jalapeno jack cheese

Preparation

In a large skillet, heat oil over medium-high heat. Add onion, green pepper, garlic, chili powder, salt, cumin, sauté 4 minutes or until vegetables are tender. Stir in tomatoes. Add beans and corn; bring to a boil. Reduce heat; simmer for 15 minutes stirring occasionally. Toss with elbows. Sprinkle with cheese.

Servings: 6

Nutrition Information:

Calories: 207 Fat: 5.5 g Saturated Fat: 2 g
Carbohydrates: 32 g Fiber: 7g Protein: 9 g