



Anna Jones, MS, RD, LD

## **Southwestern Pasta Salad**

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1 package dried whole wheat penne pasta  
2 chicken breasts, cooked and chopped (I used rotisserie chicken)  
1 (15 oz.) can black beans, drained  
1 cup frozen or fresh whole kernel corn  
1 sweet red pepper, chopped  
3 green onions, chopped  
¼ cup cilantro  
Creamy southwestern dressing (see recipe below)  
Romaine lettuce

Cook pasta according to package directions, drain. In a large sauté pan, combine chicken, black beans, corn, red pepper, green onions, and cilantro and cook on medium heat until warmed through. Combine pasta and 1 ¾ cup of creamy dressing, mix lightly. Add chicken mixture to pasta and mix well. Serve over romaine lettuce and with remaining dressing.

### **Creamy Southwestern Dressing:**

1 teaspoon ground cumin  
1 (8 oz.) carton reduced-fat sour cream  
1 (16 oz.) jar mild thick and chunky salsa  
2 cloves garlic, minced

Servings: 10 servings (serving size: 1 cup)

#### Nutrition Info:

Calories: 249      Fat: 4.5 g      Saturated Fat: 1.5 g      Protein: 14 g  
Carbohydrates: 44 g      Fiber: 7 g