

Mexicano Pasta Salad

Recipe of the Month July - 2012



Cheese, please. The cheese in this recipe offers a good source of calcium for strong bones.

Prep Time: 15 Min

Start to Finish: 1 Hr. 15 Min

Makes: 12 servings

INGREDIENTS

3 cups uncooked rotini or rotelle pasta (8 oz.)
1 can (15.25 oz.) whole kernel corn, drained
1 can (15 oz.) black beans, rinsed, drained
1 large green bell pepper, chopped (1 1/2 cups)
1 cup shredded Cheddar cheese (4 oz.)
3/4 cup Thick 'n Chunky salsa
1/3 cup chopped fresh cilantro or parsley
1/2 cup oil-and-vinegar dressing

DIRECTIONS

1. Cook and drain pasta as directed on package. Rinse with cold water; drain.
2. In very large bowl, mix pasta and remaining ingredients. Cover and refrigerate 1 to 2 hours to blend flavors.

Recipe Provides: Grains 1oz-equivalents, Meat & Beans 1oz-equivalents, Vegetables 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	220	Calories from Fat:	60
Total Fat:	7 g	Saturated Fat:	2 1/2 g	Cholesterol:	10 mg
Sodium:	420 mg	Dietary Fiber:	4 g	Total Carbohydrate:	31 g
Sugar:	4 g	Protein:	8 g		



This Recipe adapted from www.eatbetterearly.com