

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Chicken and Salsa Skillet

Originally from Kraft Food and Family- Fall 2008

Serves 4, 2 cups each

2 cups multigrain, whole wheat or brown rice penne pasta, uncooked (We prefer brown rice pasta because it is gluten-free)

1 lb. boneless skinless chicken breasts, cut into bite-size pieces

1 ¼ cups jarred salsa

1 cup frozen corn, thawed

1 large bell pepper (the color of your choice), cut into short thin strips

1 cup shredded cheese, such as cheddar or four cheese Mexican style; optional

1. Cook pasta as directed on package.
2. Meanwhile, heat large nonstick skillet sprayed with cooking spray on medium-high heat. Add chicken; cook and stir 2 minutes. Stir in salsa, corn and peppers. Bring to a boil. Simmer on medium-low heat 10 minutes, or until chicken is cooked through, stirring occasionally.
3. Drain pasta. Add to chicken mixture; mix lightly. Sprinkle with cheese, if desired. Remove from heat; cover. Let stand 1 minute, or until cheese is melted.