

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Southwestern Chicken and Pasta Salad

From Penzeys Spices

Serves 4-6 as a main dish, 8-12 as a side

### **Dressing:**

2/3 cup vegetable oil  
2 limes, juiced  
2 TB southwest seasoning\*  
2 tsp salt  
1 ½ tsp minced garlic

### **Salad:**

16 oz. rotini pasta (try whole wheat, or gluten-free brown rice pasta)  
1 ½ cups whole kernel corn (you can use fresh or frozen, thawed)  
1 15 oz. can black beans, drained and rinsed  
1 cup red bell peppers, diced (about 1 medium)  
¾ cup green onions, chopped  
1 cup Roma tomatoes, or whatever kind you have on hand, chopped (about 4-5)  
4 boneless, skinless chicken breast halves  
2 tsp southwest seasoning  
1-2 TB olive oil

1. For the dressing, mix together vegetable oil, lime juice, 2 TB southwest seasoning, salt, and minced garlic and set aside.
2. Cook the pasta in a large pot of boiling, lightly salted water. Cook according to package directions. Drain and set aside.
3. While the noodles are cooking, you can prepare your chicken breasts. Lightly sprinkle 2 tsp. of southwest seasoning over the chicken breast halves. Heat 1-2 TB olive oil in a frying pan over medium high heat. Cook the chicken breasts about 8-10 minutes on each side. The chicken breasts are done when you slice them and the juices run clear. When done, set the chicken aside and let them rest for 5 minutes. Cut the chicken into 1-inch cubes. I like to grill the chicken.
4. In a large bowl, combine the cooked pasta, corn, beans, red bell pepper, green onions, tomatoes, and the cooked chicken. Pour the dressing over the salad and mix thoroughly. Refrigerate until ready to serve.

I use the Southwest Seasoning from Penzeys Spices. You can buy it at the Penzeys Spice Store on Manchester Road, or order it online at penzeys.com. You can also look for another "southwest" seasoning blend at the grocery store, just make sure it does not contain MSG.