

Southwest Chicken Pasta Salad



This flavorful pasta salad is packed with fiber and protein to keep you satisfied without feeling weighed down. Simply omit the cooked chicken to make the salad vegetarian friendly!

YIELD 5 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

1 each	Poblano Pepper
2 cups	Kale, stems removed and chopped fine
6 oz.	Whole Wheat Penne Pasta
2 Tbsp	Olive Oil, <u>divided</u>
½ each	Red Onion, diced
1 each	Orange Bell Pepper, diced
1 cup	Corn, frozen and defrosted
1 lb	Chicken Breast, boneless and skinless, cut into bite sized pieces
2 Tbsp	Salt-free Taco Seasoning, <u>divided</u> (see separate recipe)
¾ cup	Greek Yogurt, plain nonfat
2 each	Limes, juiced
1 tsp	Kosher Salt
1 cup	Cherry Tomatoes, cut in half
1 (15 oz) can	Black Beans, no salt added or low sodium, drained and rinsed
½ cup	Cilantro, chopped

CHEF'S NOTES

Raw kale can be quite tough and fibrous, but a quick “massage” will yield tender leaves, perfect to add to your pasta salad. Simply rub the chopped kale between your fingers for about 1 or 2 minutes, until the kale becomes dark green and shiny.

Building this pasta salad in a large mixing bowl helps to keep clean-up to a minimum!

Store leftovers in an airtight container in the refrigerator for up to 5 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place the poblano pepper directly over the burner of a gas stove set to medium heat. Using a pair of metal tongs, turn the pepper occasionally, until blistered and blackened on all sides. Transfer the charred pepper to a bowl and cover tightly with plastic wrap. Allow to sit for 5-10 minutes or until the skin starts to loosen and the pepper is cool enough to handle. Once the pepper is cool enough to handle, use a clean kitchen towel or a paper towel to carefully rub off and discard the blackened skin, remove the ribs and seeds then dice the pepper.
3. In a large bowl, add the chopped kale and using clean hands, massage it by rubbing between your fingers until it is dark green and shiny.

4. Meanwhile, bring a large saucepot of water to boil over high heat. Once boiling, add the pasta and cook until al dente, about 8-10 minutes. Drain and rinse under cool water. Add the drained pasta to the mixing bowl containing the massaged kale and set aside.
5. In a small mixing bowl, combine the diced chicken and 1 tablespoon taco seasoning. Using tongs, toss to combine and set aside.
6. Heat a large **nonstick** sauté pan over medium-high heat and once hot, add 1 Tablespoon olive oil then the onion, bell pepper and corn in an even layer. Cook until browned in spots but still crisp tender, about 3-5 minutes. Transfer cooked vegetables to the kale and pasta bowl and refrigerate to cool.
7. Add the remaining 1 Tablespoon olive oil to the pan and then the seasoned chicken in an even layer. Cook until browned and the internal temperature reaches 165°F, about 4-6 minutes. Transfer to the large mixing containing pasta and vegetables.
8. In a small bowl, combine the Greek yogurt with the remaining 1 tablespoon taco seasoning, lime juice, and salt. Stir until completely combined and smooth.
9. To the bowl with the vegetables, pasta, and chicken mixture, add reserved diced poblano, tomatoes, black beans, dressing, and cilantro and stir until well combined.
10. To allow the flavors to meld together, refrigerate for about 10 minutes before serving.

Nutrition Facts	
5 servings per container	
Serving size	2 cups (400g)
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 70mg	23%
Sodium 470mg	20%
Total Carbohydrate 52g	19%
Dietary Fiber 11g	39%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 35g	70%
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 3.3mg	20%
Potassium 1060mg	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

CONTAINS: MILK, WHEAT

