

Southwestern Pasta

Brought to you by Holly Clegg and *Eating Well Through Cancer*

Vegetarians as well as pasta lovers will put this southwestern recipe high on their lists. Place tomatoes in food processor to purée or purchase diced tomatoes.

Makes 6 – 8 servings

- 1 (28-ounce) can no-salt added whole tomatoes, puréed, with their juice
- 1 onion, chopped
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon minced garlic
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon red pepper flakes, optional
- Salt and pepper to taste
- 1 (16-ounce) package rotini
- 1 (16-ounce) can black beans, drained, rinsed
- 1 (10-ounce) package frozen corn
- 1 (4 1/2-ounce) can chopped green chilies, drained
- 1 cup shredded reduced-fat Cheddar cheese, optional



1. Heat large pot coated with nonstick cooking spray to medium heat, add tomato purée, onion, chili powder, cumin, oregano, garlic, sugar, cinnamon, red pepper flakes, salt and pepper. Bring to a boil, reduce heat, simmer, covered, to blend flavors, 20 - 25 minutes.
2. Meanwhile, cook pasta according to package directions, omitting any oil and salt. Drain well.
3. Stir black beans, corn, and green chilies into sauce. Cook until corn is crisp tender, 5 minutes. Remove from heat.
4. To serve, toss black bean mixture with pasta. If desired, serve with reduced-fat Cheddar cheese.

Nutritional information per serving

Calories 321, Protein (g) 13, Carbohydrate (g) 64, Fat (g) 2, Cal. from Fat (%) 5, Saturated Fat (g) 0, Dietary Fiber (g) 8, Cholesterol (mg) 0, Sodium (mg) 254, Diabetic Exchanges: 4 starch, 1 vegetable

DOC'S NOTES: The tomatoes are a good source of vitamins A, C, E and lycopene while the beans, corn and chilies are a good source of fiber.