

Taco Pasta Salad

1 lb. whole wheat rotini pasta
1 (15 oz.) can no added salt black beans,
drained and rinsed
1 package (1.25 oz.) reduced-sodium taco
seasoning
1 (15 oz.) can no salt added diced tomatoes,
drained

1 (4 oz.) can diced jalapeno peppers,
drained
3 cups Mexican style shredded cheese
3 cups shredded iceberg lettuce
1 1/2 cups French dressing
2 cups tortilla chips, crushed

Instructions: Cook pasta to package directions, omitting any salt, and let cool. In a large bowl, combine beans, taco seasoning, diced tomatoes, diced jalapenos, cheese, and lettuce. Add dressing and stir till combined. Top with crushed chips.

Yield: 12 servings

Nutrition Facts (per serving): 540 calories, 28 grams fat, 650 milligrams sodium, 57 grams carbohydrate, 7 grams fiber, 16 grams protein