Mexican Fiesta Salad

2 cups penne pasta, uncooked 1/2 cup whole kernel corn, frozen 1/2 cup light sour cream

1/3 cup salsa

1 tablespoon fresh cilantro leaves, snipped

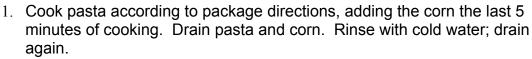
1 tablespoon lime juice

1 15-ounce can black beans, rinsed and drained

3 medium plum tomatoes, chopped

1 medium zucchini, chopped

1/2 cup shredded sharp cheddar cheese



- In a small bowl stir together sour cream, salsa, cilantro and lime juice. Set aside.
- In a large bowl combine pasta mixture, black beans, tomatoes, zucchini and cheese. Pour dressing over pasta mixture. Toss lightly to coat. Serve immediately, or if desired, cover and chill.

Serves 4.

Nutrition Facts		
Serving Size: 1/4	of recipe	
Servings per recip	e: 4	
Amount Per Serv	ving	
Calorios 300	Calarias from fat 63	

Calories 399	Calories from fat 63	
	% Daily Value	
Total Fat 7g	10%	
Saturated Fat	3g 17%	
Cholesterol 17mg	6%	
Sodium 522mg	22%	
Carbohydrate 66g	22%	
Dietary Fiber	10g 39%	
Protein 19g	37%	
Vitamin A: 15%	Vitamin C: 31%	Folacin: 8%
Calcium: 13%	Iron: 4%	Potassium: 10%

Original source: http://bhg.com/bhg/recipe Barbara Brown, Food Specialist Oklahoma Cooperative Extension Service

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