

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

1. Cook pasta according to package directions, adding the corn the last 5 minutes of cooking. Drain pasta and corn. Rinse with cold water; drain again.
2. In a small bowl stir together sour cream, salsa, cilantro and lime juice. Set aside.
3. 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 recipe: 4		
Amount Per Serving		
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%