



CILANTRO CHICKEN PASTA

Ingredients:

- 8 oz whole-wheat spaghetti
- 1 lime, juiced
- Non-stick cooking spray
- 1 lb boneless, skinless chicken breast, diced
- 4 cloves garlic, minced
- 2 jalapeños, finely diced
- 2 medium zucchini, cut in half & slice
- 1 1/2 cups frozen corn
- 1/2 cup chopped fresh cilantro
- 1/2 cup shredded Monterey Jack cheese
- 1/4 cup water

25 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(317g)
Amount per serving	340 Calories
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 105mg	5%
Total Carbohydrate 44g	16%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 3mg	15%
Potassium 681mg	15%

* 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.

Preparation:

1. Prepare pasta according to package directions. Toss pasta with lime juice. Set aside.
2. Lightly coat a large skillet with cooking spray & heat over medium. Add chicken & garlic. Cook 5-7 minutes.
3. Add jalapeños, zucchini & corn. Cook 5-7 minutes or until heated through, stirring occasionally. Add pasta to skillet & toss with cilantro.
4. Top with cheese & serve.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

