

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 into half moons
- 1 1/2 cups frozen corn
- 1/2 cup chopped fresh cilantro
- 1/2 cup shredded Monterey Jack cheese

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!

25Min | 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.

Are calories & sodium close to a match?

1 for 1 certified

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

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JALAPEÑO

In Season

June - October

How to Select

Choose firm jalapeños with smooth, wrinkle-free skin that are free of soft spots or bruises.

How to Store

Refrigerate peppers in a plastic bag up to 5 days or freeze in a freezer-safe bag up to 6 months. Avoid washing until ready to eat.

Helpful Tip

Older jalapeños are spicier. If you like them spicy, look for signs of age such as little white or brown lines, or areas of the skin that are turning red.

