



Fiesta Pasta

8 oz. whole wheat pasta
1 medium onion, chopped
1 can (15 oz.) black beans, rinsed and drained
1 can (14 ½ oz.) Mexican seasoned diced tomato
1 can (8 oz.) tomato sauce
1 can (4 ½ oz.) chopped green chili peppers
1 cup (4 oz.) shredded reduced-fat Monterey Jack or cheddar or soy alternative cheese

Prepare the pasta according to package directions.

Meanwhile, coat a large nonstick skillet with cooking spray and heat over medium-high heat. Add the onion and cook, stirring occasionally, for 5 minutes, or until tender. Stir in the beans, tomatoes (with juice), tomato sauce, and chili peppers (with juice) and bring to a boil. Reduce the heat to low, cover, and simmer for 3 minutes, or until heated through.

Toss the pasta with the sauce. Sprinkle with the cheese.

Makes 4 servings. *Per serving: 395 calories, 4 grams fat, 51 grams carbohydrate, 684 grams sodium, 18 mg cholesterol, 6 grams fiber.*

From the *Picture Perfect Weight Loss Cookbook*, the new “Cookbook of the Quarter.” Available at Barnes & Noble (discounted at Asheville’s location by 20% through September).

Fiesta pasta is an excellent way to increase fiber in your diet. Black beans make a good substitute for meat, providing a rich and wholesome texture. Use cooked dry black beans and fresh or low sodium canned tomatoes to lower the sodium content of this dish. For the topping, reduced fat sharp cheddar cheese provides extra flavor. Also, soy cheeses can be found in the vegetable section of most grocery stores.

Your Partners in Health,
Candace and Lesley