



Macaroni-Bean Skillet

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LO CAL / LO FAT / LO CHOL / HI FIB

PREP: 10 MIN; COOK: 18 MIN

4 SERVINGS

Round out this hearty kidney bean and macaroni medley with crusty breadsticks and lettuce wedges drizzled with your favorite fat-free dressing.

1 cup salsa

2/3 cup uncooked elbow macaroni
(2 ounces)

3/4 cup water

2 teaspoons chili powder

1 can (15 or 16 ounces) kidney beans, rinsed
and drained

1 can (8 ounces) reduced-sodium tomato
sauce

1/2 cup shredded reduced-fat Cheddar cheese
(2 ounces)

Heat all ingredients except cheese to boiling in 10-inch nonstick skillet; reduce heat to low. Cover and simmer about 15 minutes, stirring frequently, until macaroni is just tender. Sprinkle with cheese.

1 Serving: Calories 270 (Calories from Fat 20); Fat 2g (Saturated 1g); Cholesterol 3mg; Sodium 540mg; Carbohydrate 49g (Dietary Fiber 10g); Protein 17g
% Daily Value: Vitamin A 14%; Vitamin C 18%; Calcium 14%; Iron 12%

Diet Exchanges: 3 starch, 1 very lean meat