

Tex-Mex Pasta Skillet

Ingredients:

1/2 lb wagon wheel or other pasta
1/2 lb chorizo sausage, fully cooked and - thinly sliced
1 large green bell pepper, diced
1 large onion, diced
1 small zucchini, diced
2 lb canned stewed tomatoes
1 lb frozen corn
1/4 lb canned diced mild green chilies
1/2 cup cilantro, chopped
1/2 cup cheddar cheese, or Monterey Jack - cheese, coarsely - shredded

Instructions:

Cook pasta in a large pan of boiling water 10 minutes, or until al dente. Drain and keep warm. Sauté, sausage, green pepper and onion in a heavy nonstick skillet over medium high heat about 5 minutes, stirring frequently until vegetables are tender. Discard any fat in skillet. Stir in next 4 ingredients. Bring to a boil. Reduce heat to low and simmer 10 minutes. Stir in pasta and cilantro. Serve sprinkled with cheese.

Servings: 1

Per serving:

Calories 715,

fat 27.5g,

protein 31.0g,

carbohydrates 92.0g,

fiber 8.9g,

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