



Southwest Pasta Salad

Ingredients for pasta salad:

1 package of your favorite pasta

½ red onion, finely chopped

1 container of cherry tomatoes, cut in halves or quarters depending on your size preference

1 package of chicken tenderloins

1 can black beans, drained and rinsed

1 cup of corn (if using canned, drain corn first)

Salt

Pepper

Ground Cumin

Chili Powder

Garlic Powder

Onion Powder

Ingredients for dressing:

zest and juice of 3 or 4 limes depending on size

½ olive oil

1 bunch fresh cilantro, chopped

1 bunch fresh green onion, chopped

1 jalepeno pepper, chopped, keep or remove seeds according to your spice level

1 tsp salt

1 tsp pepper

1 tsp ground cumin

1 tsp chili powder

1 tsp garlic powder

Directions:

For the dressing, whisk together all ingredients and let sit while cooking and chopping other pasta salad ingredients.

Boil pasta according to direction on package. Season chicken tenders with salt, pepper, ground cumin, chili powder, garlic powder and onion powder to preference (measure with your heart). Cook chicken tenders in a little bit of olive oil until cooked through, flipping once. Depending on the size this can take anywhere from 8-10 min. Once cooked and cooled to be able to touch, chop the tenders into bite sized pieces.

In a bowl, mix the pasta, chopped chicken tenders, red onion, cherry tomatoes, black beans, corn, and dressing together. You can eat this cold or hot.

Enjoy!

Please note: I do not normally measure any ingredients while I'm cooking, so everything is a guestimate, feel free to adjust amounts to preference. Also, feel free to add or remove any ingredients to the pasta salad to make it yummy for you and your family!