
Black Bean Pasta Salad

(8 grams of fiber per cup)

You can find whole-wheat pasta in the pasta grocery aisle at your supermarket.

Ingredients:

½ (16 oz.) package whole-wheat rotini pasta

¼ cup olive oil

¼ cup fresh lime juice

2 tablespoons chili powder (or to taste)

2 teaspoons ground cumin

½ teaspoon salt

2 cloves garlic, crushed

1½ cups whole kernel corn

1 (15 oz.) can black beans, drained and rinsed

½ cup diced green bell pepper

½ cup diced red bell pepper

½ cup fresh cilantro leaves

1 cup chopped roma (plum) tomatoes

Optional: feta cheese, to taste

Bring a large pot of water to a boil. Add whole-wheat pasta and cook for 8 to 10 minutes or until al dente; drain. In a large bowl combine oil, lime juice, chili powder, cumin, salt and garlic. Stir in pasta and set aside to cool to room temperature, stirring occasionally. Stir in corn, beans, green pepper, red pepper and ½ of the cilantro leaves. Spoon mixture onto a platter and garnish with tomatoes, remaining cilantro, and optional feta cheese. Serve chilled or at room temperature.

Yield: 8 servings