Quick Healthy Meal

Salsa Chicken & Pasta
Steamed Broccoli Spears
Mixed Green Salad
Whole Wheat Bread or Roll
Iced Tea or Apple Juice
Chocolate Pudding

30 minutes before serving:
• Wash hands
• Bring a large pot of water to a boil and drop in pasta; cook for time on package (varies)
• While pasta cooks, use low fat milk to prepare instant chocolate pudding according to the directions on the box; pour into individual serving bowls or small cups
• Drain pasta, set aside
• Set the table.

15 minutes before serving:
• Proceed with Salsa Chicken & Pasta recipe
• Remove broccoli from freezer; if fresh, wash and cut.

10 minutes before serving:
• Add a small amount of water and steam broccoli on top of stove or in the microwave
• Prepare salad and add dressing if desired
• Heat the bread (optional) and put out drinks
• Tell the family to wash up for dinner!

Salsa Chicken & Pasta
Serves 4 -6
8 oz dry pasta (2 cups elbow macaroni)
1 Tbs. cooking oil
1 red, green, or orange sweet pepper (seeded, sliced)
2 cups precooked chicken, boned and chopped
1 cup salsa or 10 oz. can tomatoes and green chiles
1/2 cup reduced fat shredded cheese

• In a large pot, cook pasta according to package directions; drain and set aside in a bowl
• In the same pot, stir fry sliced sweet pepper in oil
• Combine cooked and drained pasta, peppers, chicken and salsa; heat well (165°) but do not burn
• Just before serving, stir in grated cheese.