



Southwestern Pasta Salad *(adapted from Taste of the Territory)*

10 ounces bowtie pasta, cooked per package directions and well drained
1 - 15 ounce can black beans, rinsed and drained
1 - 15 ounce can whole kernel corn, rinsed and drained
1 sweet red pepper, chopped
4 green onions, chopped
1/4 cup fresh cilantro, chopped (optional)

Dressing:

1 cup non-fat sour cream
8 ounces hot thick and chunky style salsa
1/2 teaspoon cumin
2 cloves garlic, minced

Combine dressing ingredients in a large bowl and whisk well. Fold in cooked pasta, black beans, corn, sweet pepper, and green onions. Refrigerate for a minimum 1 hour to blend flavors. Garnish with cilantro. Makes 8 servings.