



Southwest Chicken Girlfredo



Entire recipe: 349 calories, 9g total fat (3.5g sat. fat), 703mg sodium, 31g carbs, 8.5g fiber, 8.5g sugars, 38.5g protein

Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

- 1 package [House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute](#)
- 1/4 cup chopped bell pepper
- 3 tbsp. light sour cream
- 1/2 tsp. taco seasoning mix
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 4 oz. cooked and chopped chicken breast
- 1/4 cup canned black beans, drained and rinsed
- 1/4 cup frozen sweet corn kernels, thawed

Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir pepper until slightly softened, about 2 minutes. Add noodles, sour cream, taco seasoning, and cheese wedge, breaking the cheese wedge into pieces. Cook and stir until cheese has melted, mixed with sour cream, and coated noodles, 2 - 3 minutes.

Add remaining ingredients, and cook and stir until hot, about 2 more minutes. Enjoy!

MAKES 1 SERVING

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