

Spicy Mexican Pasta Salad

Servings: 8

Ingredients:

- 8 oz. uncooked tricolor rotini
- 2 Tofurky Meatless Sausages (100 g each) [*meat eaters can substitute 8 oz. chicken breast (cooked), or 4 to 6-oz. of turkey sausage*]]
- 1 (15 oz.) can *red kidney beans*
- 1 c. *frozen corn*
- 2 medium *tomatoes*, chopped
- $\frac{1}{2}$ c. sliced *green onions* (about 4)
- 1 can (2.25 oz.) *sliced black olives*
- 2 oz. *feta cheese*, crumbled

Dressing:

- 2 Tbl. *canola oil*
- 2 Tbl. *LIGHT mayonnaise*
- $\frac{1}{4}$ c. *rice vinegar*
- $\frac{1}{2}$ tsp. *red chili flakes*
- $\frac{1}{2}$ tsp. *hot chili sauce (Sriracha)*

Directions:

1. Follow package directions for pasta, don't overcook. Drain.
2. In a large bowl combine all salad ingredients; mix well.
3. In a small bowl, combine all dressing ingredients; pour over salad and toss to coat. Cover and chill.

Nutrition: (Serving size: 1 cup)

calories: 302 *protein:* 15.6g *total carbohydrate:* 39.3g *total fat:* 10.4g
sugars: 5.1g *sodium:* 627mg *dietary fiber:* 6.5g *saturated fat:* 1.7g