## WORKING BARN STEW

2/06

tablespoons olive oil

44 boneless, skinless chicken breast halves, (about 1 pound), cut into 1-inch pieces

cup chopped onion

medium green bell pepper, chopped

medium yellow bell pepper, chopped

teaspoon chopped garlic

14½-ounce cans stewed tomatoes

15-ounce can pinto beans, drained and

cup purchased, medium picante sauce tablespoon chili powder

tablespoon ground cumin

cup shredded cheddar cheese

tablespoons sour cream

A filling, zesty family stew. Photo, page 46. In large stockpot, heat olive oil over medium heat. Add chicken, onion, bell peppers, and garlic and cook until chicken is no longer pink. Add tomatoes, beans, picante sauce, chili powder, and cumin. Reduce heat to low and simmer 25 minutes or up to 2 hours. Place in individual serving bowls and top with cheese and sour cream.

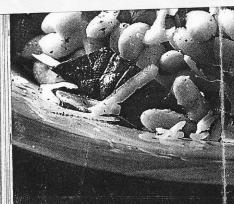
tablespoons -:1

Cavatappi

With Spinach, Beans, and

Asiago Cheese

SCRIPPS COLLEGE use Cottoo rotisserie chicken (add 5 min before added kidney beans used salsa instead of sicerto (sored 15 min bessedie scrippscollege.edu/families | 909-607-3043



196 COOKING LIGHT

CAVATAPPI WITH SPINACH, BEANS, AND ASIAGO CHEESE

For a simple dish, this contains many healthful ingredients, plus the flavors are complex. If you toss the spinach and Asiago cheese while the pasta is still warm, the spinach will wilt and the cheese will soften. When this happens, the flavors blend and become more pungent. This is peasant food at its best.

-Associate Food Editor Cynthia LaGrone

8 cups coarsely chopped spinach leaves

4 cups hot cooked cavatappi (about 6 ounces uncooked spiral-shaped pasta)

2 tablespoons olive oil

1/4 teaspoon salt

1/4 teaspoon pepper

1 (19-ounce) can cannellini beans or other white beans, drained

2 garlic cloves, crushed

½ cup (2 ounces) shredded Asiago cheese Fresh ground black pepper (optional)

1. Combine all ingredients in a large bowl; toss well. Sprinkle with fresh ground black pepper, if desired. Yield: 4 servings (serving size: 2 cups).

CALORIES 401 (27% from fat); FAT 12g (sat 3.4g, mono 6.2g, poly 1.2g); PROTEIN 18.8g; CARB 54.7g; FIBER 6.7g; CHOL 10mg; IRON 6.4mg; SODIUM 464mg; CALC 306mg