

# Southwest Chicken Pasta

*Unit: Large Skillet or Electric Skillet*

**1 - 12oz. tub of Cottage Cheese**  
**1 - tsp. Chili Powder**  
**1 - Clove of Minced Garlic**  
**1 - 10 oz. Can of Rotel tomatoes**

**1 – 24oz. Jar of Pasta Sauce**  
**6 - Chicken Tenders (frozen or raw)**  
**4 – oz of Pepper Jack Cheese (cut on #2 blade)**  
**16 - oz of uncooked noodles (spiral or elbow)**

First, combine the garlic and the chili powder in the cottage cheese container. Next, place the chicken in the bottom of a cold skillet and pour 1/2 of the pasta sauce over it. Add all of the uncooked noodles in an even layer. Next, layer the cottage cheese, then the Rotel tomatoes. Finally, spread the pasta sauce and top it with the cheese.

Rotate the valve under the knob to open and place the lid on the unit. Turn to medium heat. (300 on electric skillet) When the valve activates or the lid is stinging hot to the touch, rotate it closed and reduce to low heat for 20 minutes or until it is done to your liking. (225 on electric skillet)



**HEALTH QUEST**