



# FLOUR CITY PASTA

## BORDER BLEND

Blue corn, Yellow Corn, Jalapeno & Cayenne flavored Orzo

## MEXICALI SALAD

Ingredients:

- 1 lb. border blend pasta cooked al dente (about 8 minutes)
- 1/3 cup vegetable oil
- 1/4 cup fresh lime juice
- 2 Tbs. chili powder, or to taste
- 2 tsp. cumin
- 1/2 tsp. salt
- 2 cloves garlic, minced
- 1-1/2 cups corn
- 1-15 ounce can black beans, drained and rinsed
- 1/2 cup green bell peppers, minced
- 1/2 cup red pepper, minced
- 1/2 cup fresh cilantro leaves
- 1 cup roma tomatoes, chopped

Directions:

1. Combine oil, lime juice, chili powder, cumin, salt and garlic in large bowl.
2. Stir in cooked pasta and set aside to cool. Stirring occasionally
3. Stir in corn, beans, peppers and 1/2 of the cilantro.
4. Garnish with remaining cilantro and tomatoes.
5. Serve in large bowl at room temperature or chilled.

<b>Nutrition Facts</b>	Amount/serving	%DV*	Amount/serving	%DV*
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	<b>Total Fat</b> 3g	<b>5%</b>	<b>Total Carb.</b> 82g	<b>27%</b>
Serv. Size 1/4 lbs (113g)	Sat. Fat 0g	<b>0%</b>	Fiber 5g	<b>19%</b>
Serv. Per Cont. 3	<i>Trans Fat</i> 0g		Sugars 0g	
<b>Calories</b> 390	<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 14g	
Fat Cal. 25	<b>Sodium</b> 0mg	<b>0%</b>		
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*Percent Daily Values (DV) are based on a 2,000 calorie diet.				
Vitamin A 4% • Vitamin C 0% • Calcium 4% • Iron 20%				

INGREDIENTS: Organic Wheat, Durum, Organic Yellow Corn Flour, Organic Blue Corn Flour, Organic Jalapeno Powder, Organic Cayenne Powder, Organic Paprika Powder

CONTAINS: Wheat