

# Southwestern Chicken and Macaroni Salad

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## Servings: 10

*2 poblano peppers, halved lengthwise*  
*1 package (25 ounce) frozen fully*  
*cooked crispy chicken strips*  
*8 ounces large elbow macaroni*  
*1/2 package (8 ounce) cream cheese,*  
*softened*  
*1 can (7 ounce) salsa taquera*  
*1 avocado, halved, pitted, peeled,*  
*thinly sliced and coarsely chopped*

## Preparation Time: 18 minutes

### Roast: 20 minutes

Preheat the oven to 450 degrees.

Line a baking sheet with heavy-duty foil. Place the peppers on the baking sheet, cut sides down. Roast for 20 to 25 minutes or until the skin is blistered and charred. Bring the foil up around the peppers and fold the edges together to enclose. Let stand 15 minutes or until cool enough to handle. Using a sharp knife, loosen the edges of the skins. Gently pull off the skins and discard. Chop the peppers.

Meanwhile, cook the chicken and macaroni according to package directions. Drain the pasta and rinse well under cold water. Set aside. Cut the chicken into 1/2-inch thick pieces.

In a large bowl, combine the cream cheese and half of the salsa. Beat with an electric mixer on low speed until smooth. Gradually beat in the remaining salsa.

Add the chopped peppers and macaroni. Toss to combine.

Gently fold in the avocado and chicken.

Serve at once or chill up to two hours.

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Per Serving (excluding unknown items): 78 Calories; 7g Fat (78.4% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 37mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	78	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	78.4%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	14.3%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	7.4%	<b>Riboflavin B2 (mg):</b>	.1mg
<b>Total Fat (g):</b>	7g	<b>Folacin (mcg):</b>	17mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	1mg
<b>Monounsaturated Fat (g):</b>	3g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	13mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	3g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	2g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	37mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	175mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	14mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	31mg		
<b>Vitamin A (i.u.):</b>	381IU		
<b>Vitamin A (r.e.):</b>	71 1/2RE		

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

<b>Calories</b>	78	<b>Calories from Fat:</b>	61
<b>% Daily Values*</b>			
<b>Total Fat</b>	7g		11%
Saturated Fat	3g		15%
<b>Cholesterol</b>	13mg		4%
<b>Sodium</b>	37mg		2%
<b>Total Carbohydrates</b>	3g		1%
Dietary Fiber	1g		3%
<b>Protein</b>	2g		
<b>Vitamin A</b>			8%
<b>Vitamin C</b>			51%
<b>Calcium</b>			1%
<b>Iron</b>			3%

\* Percent Daily Values are based on a 2000 calorie diet.