



Southwest Chicken Girlfredo



Entire recipe: 349 calories, 9g total fat (3.5g sat fat), 703mg sodium, 31g carbs, 8.5g fiber, 8.5g sugars, 38.5g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 10 minutes **Cook:** 10 minutes



More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

- 1 package [House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute](#)
- 1/4 cup chopped bell pepper
- 3 tbsp. light sour cream
- 1/2 tsp. taco seasoning mix
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 4 oz. cooked and chopped chicken breast
- 1/4 cup canned black beans, drained and rinsed
- 1/4 cup frozen sweet corn kernels, thawed

Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir pepper until slightly softened, about 2 minutes. Add noodles, sour cream, taco seasoning, and cheese wedge, breaking the cheese wedge into pieces. Cook and stir until cheese has melted, mixed with sour cream, and coated noodles, 2 - 3 minutes.

Add remaining ingredients, and cook and stir until hot, about 2 more minutes. Enjoy!

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.