



The first week of September is now upon us and although summer isn't officially over for a few weeks yet, the kids going back to school and the cooling off of the weather, always makes it seem like the end of one season and the beginning of another. A new season is just what we are starting here at Community Kitchens. After two months off we will be getting back into the swing of things with our usual welcome back free cook, and we all look forward to another productive year.

We like to ease our way back in September with some easy recipes and since a lot of people might be finding this week a bit hectic I thought I would offer a very easy and economical recipe. Even though this recipe calls for frozen vegetables if you have the time and your own garden vegetables you certainly could substitute. Which ever way you make it I hope you find it tasty.

WEEKNIGHT CHEESY PASTA SKILLET

Serves 8

1 ¼ Cup servings

3 Cups Rotini Pasta, uncooked	ie: Corn, Peas and Carrots
1 ½ Lb. Boneless, Skinless Chicken Breasts cut into bite- sized pieces	(Thawed and Drained)
3 Cups Frozen Mixed Veggies	1 Cup Salsa
	2 ½ Cups Old Cheddar Cheese, Shredded

1. Cook pasta as directed on package.
2. Meanwhile, cook and stir chicken in large non-stick skillet on medium-high heat 5 min. or until chicken is done.
3. Add vegetables and salsa; cook on medium heat 3 min. or until heated through.
4. Drain pasta add to skillet with cheese; stir until cheese is melted.