



Nutrition Information Per Serving:

With Classic Plain Muuna cottage cheese 4%

Calories: 433 Protein: 13 g
Carbohydrates: 83 g Fat: 9 g
Fiber: 20 g

With Lowfat Plain Muuna cottage cheese (2%)

Calories: 423 Protein: 13 g
Carbohydrates: 83 g Fat: 8 g
Fiber: 20 g

PREP TIME 14 mins	COOK TIME 10 mins	TOTAL TIME 24 mins	RECIPE MAKES 3 serving
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This Tex-Mex inspired dish is hearty and delicious - no traditional noodles needed! By using Classic Plain Muuna cottage cheese instead of cheddar cheese or meat, you boost the protein and cut down on the fat.

INGREDIENTS

- 1 lb. Sweet potatoes, peeled and spiralized (or 4 cups sweet potato noodles)
- ¼ cup Sweet onion, chopped
- 1 Tbsp. Olive oil
- ½ tsp. Chili powder
- ½ tsp. Garlic powder
- ¼ tsp. Cumin
- 1 cup Frozen corn
- ⅓ cup Salsa
- ¾ cup Classic Plain Muuna cottage cheese (You can also use Lowfat Plain as well)
- 2-3 Tbsp. Cilantro, roughly chopped

INSTRUCTIONS

- 1) Heat a large non-stick skillet over medium heat, add olive oil and onions.
- 2) Saute for 2-3 minutes or until transparent.
- 3) Sprinkle in chili powder, garlic powder, and cumin and stir.
- 4) Add sweet potato noodles, stir to coat, and saute for 1-2 minutes.
- 5) Deglaze the pan with 1-2 Tbsp. of water so the noodles don't stick.
- 6) Add the frozen corn into the pan and stir.
- 7) Cover and cook for 4-5 minutes, stirring occasionally and deglazing with water when needed. Cook until sweet potato noodles are soft, but not mushy.
- 8) Turn off the heat and remove the pan from the warm burner.
- 9) Stir in the salsa and the Muuna cottage cheese until combined.
- 10) Sprinkle cilantro on top and serve while warm.