

Fettuccine with Sausage and Arugula

Makes 6 Servings

½ pound whole-wheat fettuccine or spaghetti
½ pound sweet Italian turkey sausage
2 teaspoons extra-virgin olive oil
¼ pound fresh shiitake mushrooms, stems discarded, caps sliced
1 small onion, chopped
3 garlic cloves, minced
1 (15-ounce) can cannelloni (white kidney) beans, rinsed and drained
1 cup reduced-sodium chicken broth
5 ounces arugula or spinach leaves (4 cups lightly packed)
1 tomato, chopped
¼ cup chopped fresh basil
¼ teaspoon freshly ground pepper

1. Cook the fettuccine according to package directions omitting the salt, if desired; drain.
2. Meanwhile, spray a large nonstick skillet with nonstick spray and set over medium-high heat. Add the sausage and cook, breaking it up with a wooden spoon, until browned, 3-4 minutes. Transfer to a plate.
3. Heat the oil in the skillet over medium heat. Add the mushrooms, onion, and garlic; cook, stirring frequently, until golden, about 10 minutes. Add the beans, broth, arugula, and the browned sausage; bring to a boil. Reduce the heat and simmer, covered until the sausage is cooked through and the arugula is wilted, about 3 minutes. Stir in the tomato, basil, and pepper; cook until just heated through, about 2 minutes. Serve with the fettuccine.

Per serving (scant 1 cup sausage mixture and 2/3 cup fettuccine): 291 Calories, 7 g Fat, 1 g Saturated Fat, 0 g Trans Fat, 27 mg Cholesterol, 557 mg Sodium, 41 g Carbohydrate, 8 g Fiber, 19 g Protein, 83 mg Calcium. Points per serving: 6.

Source: Weight Watchers® Stir It Up Super Skillet Cookbook, published 2006, pg. 97