

FETTUCCINE WITH SMOKED SALMON

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

6 oz fettuccine
1 C clam-tomato juice
1/2 C dry white wine
2 red onions, finely chopped
2 tomatoes, peeled/seeded/chopped
1/4 C light cream cheese
2 tsp pink or mixed peppercorns, bruised
1/4 tsp salt
1/2 lb smoked salmon, flaked
2 TBS chopped dill

DIRECTIONS:

Cook fettuccine according to package directions - drain & place in serving bowl.

In medium saucepan, combine clam-tomato juice & wine - bring to boil - add onions, reduce heat & simmer till soft (about 3 minutes). Stir in tomatoes, cream cheese, peppercorns & salt - cook, stirring constantly till well blended (about 2 minutes).

Sprinkle salmon over fettuccine - add sauce & toss to coat. Sprinkle with dill. Serve.

Makes 4 servings

(per serving: 344 calories; 6g total fat; 2g saturated fat; 21mg cholesterol; 921mg sodium, 48g total carbohydrates; 3g dietary fiber; 19g protein, 61mg calcium - WW points per serving: 7)