

PENNE WITH SALMON & ASPARAGUS

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2 C Penne pasta
1/2 C water
1 chicken bouillon cube
1/2 C dry white wine
1 lb asparagus, cut into 1" lengths
3/4 lb salmon fillets, skinned & cut into 4 pieces
1 C nonfat sour cream
3 TBS whole-grain mustard
3/4 tsp salt
1/2 tsp freshly ground pepper
4 TBS chopped chives

DIRECTIONS:

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

In large skillet, bring 1/2 C water to boil - add bouillon cube - stir till dissolved, then add wine. Add asparagus & salmon - poach till fish is just opaque in center & asparagus is tender-crisp (5-6 minutes). With slotted spoon, transfer salmon & asparagus to serving bowl - reserve cooking liquid - flake salmon into bite-size pieces.

In medium bowl, beat sour cream, mustard, salt, pepper, 3 TBS of the chives & reserved cooking liquid. Pour over penne mixture - toss to coat. Sprinkle with remaining chives.

Makes 4 servings

(per serving: 382 calories; 7g total fat; 1g saturated fat; 46mg cholesterol; 811mg sodium, 45g total carbohydrates; 3g dietary fiber; 26g protein, 109mg calcium - WW points per serving: 8)