

MUSHROOM & BELL PEPPER SAUCE

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

1 tsp olive oil
4 C sliced mushrooms
1 red bell pepper, seed/julienned
2 sun-dried tomato halves (not oil-packed), julienned
2 TBS dry white wine
1 TBS chopped chives
1 tsp rosemary
1 tsp freshly ground pepper

DIRECTIONS:

In large nonstick skillet, heat oil - sauté mushrooms & bell pepper till golden (4-5 minutes). Stir in tomatoes, wine, chives, rosemary & pepper - cook, covered till heated through (about 2 minutes).

This nutritious side dish makes an excellent filling for omelets, even as a leftover!

Makes 4 servings

(per serving: 44 calories; 2g total fat; 0g saturated fat; 0mg cholesterol; 5mg sodium, 6g total carbohydrates; 2g dietary fiber; 2g protein, 10mg calcium - WW points per serving: 1)