

Sausage Bow Tie Salad

I made this flavorful main-dish salad for a first date. He liked it so much, he took the leftovers home...and his roommates raved about it, too! If you prefer, substitute turkey sausage for the kielbasa.

Christina Campeau, Simi Valley, California

- 1 pound fully cooked reduced-fat kielbasa or Polish sausage, cut into 1/4-inch slices
- 1 large onion, finely chopped
- 1 tablespoon water
- 1/2 teaspoon minced garlic, divided
- 1/2 cup balsamic vinegar
- 1 to 3 teaspoons fennel seed, crushed
- 5 cups cooked bow tie pasta
- 7 plum tomatoes, diced
- 1/4 cup minced fresh basil or 4 teaspoons dried basil
- 1 cup (4 ounces) crumbled feta cheese

1. In a large nonstick skillet, cook the sausage, onion, water and 3/4 teaspoon garlic over medium heat for 10 minutes. Add vinegar and fennel seed. Reduce heat; cover and simmer for 5 minutes. Remove from the heat.

2. Stir in the pasta until coated. Add the tomatoes, basil and remaining garlic; stir gently. Cover and refrigerate until serving. Sprinkle with feta cheese.



PREP/TOTAL TIME
25 min.
YIELD 9 servings

NUTRITION FACTS

One serving
(1 cup) equals:
235 calories
5 g fat
2 g saturated fat
29 mg cholesterol
582 mg sodium
35 g carbohydrate
2 g fiber
13 g protein

DIABETIC EXCHANGES

2 starch
1 lean meat
1 vegetable

