

Sausage and Bean Ragù on Quinoa Macaroni

Quinoa (KEEN-wah) is a South American grain prized for its high protein content. Use whole wheat macaroni, which includes eight essential amino acids, if you can't find it.



Becky Luigart-Stayner

- 1 (16-ounce) package quinoa macaroni
- 1 tablespoon olive oil
- 1 cup finely chopped onion (about 1 medium)
- 2 garlic cloves, minced
- 1 pound bulk turkey Italian sausage
- 1/2 cup dry white wine
- 1/2 cup fat-free, less-sodium chicken broth
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon freshly ground black pepper
- 2 (16-ounce) cans cannellini beans or other white beans, rinsed and drained
- 2 (14.5-ounce) cans diced tomatoes, undrained
- 1/2 cup (2 ounces) shaved Romano cheese

Cook pasta according to package directions, omitting salt and fat.

Heat oil in a large nonstick skillet over medium-high heat. Add onion and garlic; sauté 3 minutes. Add sausage; cook until browned, stirring to crumble. Stir in wine, scraping pan to loosen browned bits. Add broth and next 4 ingredients (through tomatoes); bring to a boil. Reduce heat, and simmer 15 minutes.

Add pasta, stirring well. Top evenly with cheese. Serve immediately.

Yield: 8 servings (serving size: 1 1/2 cups pasta and 1 tablespoon cheese)

CALORIES 410(24% from fat); FAT 10.7g (sat 3.6g,mono 3.2g,poly 2.4g); PROTEIN 23.4g;
CHOLESTEROL 41mg; CALCIUM 141mg; SODIUM 729mg; FIBER 8.9g; IRON 4.4mg;
CARBOHYDRATE 58.9g
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