

Fettuccine with Figs, Salmon and Chiles

Who says fettuccine can't be good for you? The original recipe is courtesy of *The New American Plate Cookbook*, from the American Institute for Cancer (AICR) and I found in on the Dole Nutrition Institute website. I was trying to get people to eat more salmon and thought this would be the perfect recipe to throw some in. For an extra punch of protein and creaminess – I opted for the fat free Greek yogurt instead of plain nonfat yogurt.

Your taste buds will be pleasantly surprised! It's a great mix of sweet and spicy with a little bit of savory flavor to top it off!

Ingredients

10 black mission figs (you can get these at Trader Joe's)
2 T canned medium chilies or 2 dried ancho chiles for more spice
1 lemon
1 cup fat free Greek yogurt
12 oz whole wheat pasta uncooked
(you can use fettuccine or penne noodles)
2 T olive oil
Freshly ground pepper and salt (optional)
1/4 cup parmesan cheese (I like the Quattro formaggio blend from Trader Joe's)
Fresh mint or flat leaf parsley for garnish
8 oz canned pink salmon

Cooking Directions

1. Cook pasta in large pot until just tender, or al dente. Drain and return to pot.
2. Cut figs in quarters and place face side up on plate
3. Sprinkle chile pieces over the figs and set aside. If you are using dried chiles make sure you wear gloves and keep hands away from eyes.
4. Grate the lemon zest and squeeze the juice into the yogurt and set aside.
5. In nonstick skillet heat olive oil over medium heat.
6. Add figs and chiles and sauté for 3 minutes stirring constantly. Remove from heat and add canned salmon. Cook until heated.
7. Add yogurt and lemon mix to figs and salmon.
8. Serve over pasta

Six servings @ approximately 400 calories, 10 g fat, 58 g carbs, 20 g protein, 10 g fiber and 198 mg sodium 1 cup pasta and 1/2 cup fig and salmon mix.