Spaghetti with Italian Turkey Sausage

YIELD: 4 (1 CUP SPAGHETTI, 1 CUP SAUCE, AND 1 TABLESPOON CHEESE PER SERVING)

INGREDIENTS
• ¾ pound sweet Italian turkey sausage (about 3 links)
• 1 cup chopped onion
• 2 cloves garlic, minced
• 1 (14.5 ounce) can diced tomatoes with basil, garlic, and oregano
• 1 cup low-sodium chicken broth
• ½ cup tomato paste
• 2 teaspoons dried Italian seasoning
• 8 ounces spaghetti, uncooked
• ¼ cup grated Parmesan cheese

DIRECTIONS
1. Remove casings from sausage. Cook sausage in large nonstick skillet over medium-high heat until sausage is browned. Add onions and garlic; cook 5 minutes or until onions is tender, stirring often. Stir in tomatoes and next 3 ingredients; bring just to a boil. Reduce heat and simmer, uncovered 5 minutes, stirring occasionally.
2. While sauce simmers, cook spaghetti according to package directions, omitting salt and fat; drain. Place spaghetti in a serving dish; top with sauce. Sprinkle with cheese.
Mixed Green Salad

YIELD: 4 TO 6 SERVINGS

INGREDIENTS
• 1 head romaine lettuce
• 1 cucumber, peeled and sliced
• 2 to 3 plum tomatoes, cored and cut into small wedges
• 1 small red onion, sliced thin
• Olive oil and red wine vinegar, to taste
• Salt and pepper

DIRECTIONS
Tear the lettuce leaves into bite-sized pieces and transfer them to a large salad bowl. Add the cucumber, tomatoes, and onion. Sprinkle with the oil, vinegar salt and pepper, and toss to combine.