

## Fettuccine Swiss Chard

Serves: 4

### Ingredients

¾ lb. fettuccine	2 lbs. Swiss chard, washed
1 tbsp. olive oil	A pinch of nutmeg
1 large onion, chopped	2 tbsp. low-fat sour cream
Freshly ground black pepper	¼ cup Parmesan cheese
2 cloves garlic, finely minced	

Place a large pot of water on to boil. Add fettuccine and cook about 12 minutes until firm. Drain.

Meanwhile, cut Swiss chard into ¼-inch wide pieces.

Heat olive oil in a large sauté pan over moderately high heat. Add onions, salt, and pepper and cook until onions start to soften, about 45 minutes. Add garlic and cook 1 minute more.

Add chard and nutmeg to skillet and cook for 5 minutes more. Stir in low-fat sour cream.

Toss fettuccine with Swiss chard mixture.

Sprinkle with Parmesan. Serve immediately.

Per serving: 35 calories, 8 g total fat (2 g saturated fat), 10 mg cholesterol, 710 mg sodium, 16 g protein, 59 g carbohydrate, 6 g dietary fiber