



Lighter Beef Stroganoff

Prep: 15 minutes • Cook: 18 minutes • Serves: 4

- ½ (16 ounce) package whole wheat fettuccine or linguine
- 1 teaspoon olive oil
- 1¼ pounds top sirloin steak, cut crosswise into ¼-inch-thick slices
- 1 small yellow onion, chopped
- 12 ounces sliced white mushrooms
- 1 cup less-sodium beef broth
- 1 tablespoon Dijon mustard
- ¾ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 2 tablespoons all-purpose flour
- ¾ cup low fat plain yogurt

1. Heat large covered saucepot of salted water to boiling over high heat. Add fettuccine and cook as label directs. Drain fettuccine, then return to saucepot.

2. In large nonstick skillet, heat oil over medium-high heat. Add beef and cook 3 minutes or until lightly browned, stirring occasionally. With slotted spoon, transfer beef to small bowl.

3. In same skillet, cook onion over medium heat 2 to 3 minutes or until onion is tender. Add mushrooms and cook 5 minutes. Reduce heat to medium-low. Stir in ¾ cup broth, mustard, salt, pepper and beef, and cook 5 minutes. In cup, whisk together flour and remaining ¼ cup broth. Increase heat to medium and stir in flour mixture; cook 1 minute. Reduce heat to low. Stir in yogurt and cook 1 minute or until heated through. Add beef mixture to fettuccine and toss to combine.

Approximate nutritional values per serving: 412 Calories, 8g Fat (18% of total calories), 2g Saturated Fat, (4% of total calories), 69mg Cholesterol, 466mg Sodium, 55g Carbohydrates, 8g Fiber, 35g Protein

*Dietary Exchanges:
4 Starch; 5 Protein; 2 Fat*

Whole-wheat pasta is made from the ground whole grain of wheat, providing more dietary fiber, vitamins and minerals than traditional pasta.