

Pasta Carbonara

6 oz. turkey bacon, chopped
2 cloves garlic, minced
6 cups hot cooked thin spaghetti (about 12 ounces uncooked pasta)
1/4 cup Parmesan cheese, grated
2 tbsp. parsley, fresh, minced
1/4 tsp. fresh ground pepper
1 cup skim milk
6 tbsp. egg substitute

Cook bacon in a large nonstick skillet over medium-high heat until crisp. Add garlic and sauté 1 minute or until tender. Reduce heat to low; stir in pasta, cheese, parsley, and pepper. Combine milk and egg substitute, stir well. Pour milk mixture over spaghetti mixture, and cook 3 minutes or until sauce thickens, stirring constantly. Serve immediately. Makes 6 servings.

Nutrition information per serving: calories 290; protein 14 grams; fat 6 grams; sodium 326 mg