



Spaghetti Carbonara Low Fat Version

Serves 4

1 pound whole wheat spaghetti, cooked al dente
2 bacon strips cooked, coarsely chopped, and rinsed of fat
1 tablespoon freshly chopped garlic
½ cup egg beaters
Salt and pepper to taste
½ cup grated parmesan cheese
1 tablespoon finely chopped fresh parsley leaves (for garnish)
Extra virgin olive oil
Salt and pepper to taste

1. Cook pasta according to package directions.
2. While pasta is cooking, prepare the bacon by cooking over medium heat until crispy. Drain on paper towels, chop coarsely. Place bacon in a fine mesh colander and rinse with hot water to help remove any excess fat. Allow to dry on paper towels. Set aside until ready to use.
3. Mix parmesan cheese with egg beaters. Set aside
4. Heat a large sauté pan and add about 1 tbsp of olive oil. Sauté garlic until fragrant.
5. Add the cooked pasta to the garlic and sauté for about 1 minute to heat the pasta up.
6. Add the egg beaters mixture and cook until thickened (not scrambled).
7. Serve in mounds. Divide the bacon and the parsley between 4 servings.

Nutritional Analysis

Calories	520
Fat	11g
Saturated Fat	3g
Cholesterol	15mg
Sodium	400mg
Carbohydrates	86g
Dietary Fiber	14g
Sugars	5g
Protein	27g

Diabetic Exchanges:

Protein	4
Fat	2
Carbohydrates	6