fettuccine carbonara

Serves: 4

Prep and Cook time: 30 min

Per serving: 678 calories, 27 g fat, 1700 mg sodium

12 oz fettuccine

12 slices bacon, chopped

3 eggs, beaten

1/4 cup milk

3/4 cups grated Parmesan cheese

1. Preheat the oven to 350° F. Cook the pasta according to the package directions. Meanwhile, in a skillet, cook the bacon until crisp. Drain all the bacon fat you can get out into a separate dish, you can cook other things in the bacon fat for extra flavor. Set the bacon aside in the pan it was cooked in.

2. In a bowl, mix together the eggs, cheese, and milk. Drain the pasta, do not rinse, and add it to the egg mixture.

3. Using tongs or a long fork, lift the fettuccine so it mixes easily with the egg mixture, which thickens but doesn't scramble. Transfer the fettuccine and egg mixture to a baking dish and cover with tinfoil or a lid. Bake, covered, in the oven for 10-15 minutes. When removed from oven, take the tongs and move the fettucine around to break up the eggs on the bottom of the pan. Add the bacon and toss again. Serve immediately.

Vary It! In order to add some more nutrition, add ½ cup of peas to the fettuccine in the last 1 to 2 minutes of cooking. You can even substitute regular bacon with turkey bacon for even more health benefits.