

## SPAGHETTI ALLA CARBONARA

From one of Jeanne Jones' Cook It Light Cookbooks

Linda Shane's



$\frac{1}{4}$  pound Canadian bacon, chopped  
2 tablespoons corn-oil margarine  
1 tablespoons extra virgin olive oil  
 $\frac{1}{2}$  teaspoon dried red pepper flakes  
1 large egg and 2 large egg whites, lightly beaten  
 $\frac{1}{2}$  cup canned evaporated skimmed milk  
 $\frac{1}{3}$  cup plus 3 tbs. freshly grated Parmesan cheese  
12 ounces spaghetti

1. Warm a serving bowl in a 200 degree oven. In a nonstick skillet, cook the bacon until slightly browned. Remove the bacon from the skillet and set aside. In the same skillet, heat the margarine and olive oil over very low heat. When the margarine is melted, add the red pepper flakes and, stirring continuously with a wire whisk, the beaten egg mixture. As the sauce begins to thicken, stir in the milk and  $\frac{1}{3}$  cup of the cheese. Keep warm over **very low heat**, stirring frequently. (It is important the heat be very low or you may end up with scrambled eggs!)

2. Boil the spaghetti in a large kettle of boiling water for about 7 minutes. Do not overcook. Drain well and place in the preheated bowl. Working quickly, toss the spaghetti with the sauce and bacon and serve at once in heated bowls. Sprinkle each serving with  $1 \frac{1}{2}$  teaspoons of the Parmesan cheese.

Makes eight  $\frac{3}{4}$  cup servings.

Each serving contains approximately: 270 calories, 38 mg cholesterol, 8 g fat, 340 mg sodium



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