

Quick Pasta Carbonara

Servings: 8

Ingredients

- 16 oz. *pasta (bow-ties, spirals, shells, whatever you like)*
- 1 c. *LIGHT cream cheese*
- 2 c. frozen peas
- $\frac{3}{4}$ c. 2% milk
- 1 Tbl. garlic powder
- $\frac{3}{4}$ c. Parmesan cheese
- 7 oz. Canadian bacon, (or $\frac{1}{2}$ package Morningstar veggie bacon)

Directions:

1. Put the peas in a large colander (you will be draining the pasta OVER the frozen peas).
2. Using a medium saucepan, over medium heat, add milk, light cream cheese and garlic powder. Stir constantly until cream cheese is melted and sauce is smooth. Add Parmesan and continue stirring until sauce is smooth again.
3. Chop the Canadian bacon, and warm over medium heat in a small frying pan.
4. Follow package instructions for pasta, drain (over peas),
5. Toss pasta (and peas) with sauce and Canadian bacon, and serve immediately.

Nutrition:

Pasta (with Canadian bacon) (Serving size: 1¼ cup)

calories: 396 protein: 22.4g total carbohydrate: 51g total fat: 10.3g
sugars: 5.2g sodium: 675mg dietary fiber: 3.5g saturated fat: 6g

Pasta (with Morningstar veggie bacon) (Serving size: 1¼ cup)

calories: 390 protein: 18.4g total carbohydrate: 51g total fat: 11.14g
sugars: 5.2g sodium: 449mg dietary fiber: 3.8g saturated fat: 5.7g