

The *Sexy* Beast Diet™



Pasta Carbonara

The classic carbonara is said to have its origin right after World War II when many Italians, experiencing a scarcity of food, were eating eggs and bacon supplied by troops from the United States.

This recipe is modified a bit from the classic, but it retains the classic flavors. I sometimes substitute crumbled feta cheese for the Parmesan, just to be crazy.

You'll need:

- 8 oz. dry spaghetti (about a half-inch diameter bundle)—whole wheat is best
- 16 slices turkey bacon
- 12-second spray of Pam or another vegetable spray.
- 4 tsp minced garlic (or 4 tsp powdered garlic)
- 4 large eggs, beaten
- Ground black pepper to taste.
- Salt to taste
- 1 oz. grated hard cheese such as Parmesan
- 3 tsp fresh parsley leaves, chopped (optional)

Do this:

In a large saucepan, boil enough water to cover the spaghetti. Add the pasta and bring the water back to boil. Turn down the heat and simmer until the spaghetti is tender but not mushy. This semi-firm state is called “al dente.” Use this information to impress your guests.

While the spaghetti is cooking, cut the turkey bacon into 1-inch pieces. Use Pam or another vegetable spray to lightly coat a frying pan. Sauté the bacon and minced garlic over medium heat until the bacon is crisp. If you are using garlic powder wait to add it when you add the pasta to the pan.

Drain the spaghetti. Add the spaghetti to the frying pan with the bacon and garlic. Sauté for two to three minutes turning the spaghetti to coat it evenly with the oil-bacon-garlic mixture. Remove the pan from the heat and add the beaten egg whisking quickly until the egg thickens. The idea is to not allow the egg to scramble, but don’t berate yourself if it does. It’ll still taste good.

Mound each serving on a plate and sprinkle with the cheese and then the parsley.

Servings: 4 Calories: 460 Satisfaction: 93

Consider pairing your pasta carbonara with a large green salad festooned with cherry tomatoes and sliced black olives. Serve with a crisp, dry Sauvignon Blanc or a Valpolicella should you be in the mood for vino.