



Healthy Recipe



SPAGHETTI CARBONARA

1 pound	whole grain spaghetti	1 teaspoon	olive oil
1 pound	RI-grown asparagus , cut into 1/2-inch pieces (or shelled RI-grown peas)	3/4 cup	grated parmesan cheese, divided
6 slices	Canadian bacon, cut into small cubes	4 large	RI eggs
		1/4 cup	RI-grown parsley , chopped

1. Cook spaghetti in a large pot of boiling salted water, until al dente (firm to the bite). Add asparagus pieces (or peas) and cook one minute longer. (Reserve about a cup of the hot cooking water before draining.)
2. While pasta is cooking, warm olive oil in pan over medium heat. Add Canadian bacon. Cook until crisp, about 6-8 minutes.
3. Whisk eggs in large bowl. Add 1/4 cup of the parmesan cheese and parsley. Set aside.
4. Drain pasta/asparagus, reserving 1 cup of the cooking water. Return pasta/asparagus to cooking pot (pot should still be hot).
5. Whisk 1/4 cup hot cooking water into the egg mixture. Add to hot pasta and toss to coat. Residual heat from pot and pasta will cook the egg. Add more cooking liquid by the tablespoon if mixture is dry.
6. Add Canadian bacon and any pan drippings to pasta. Toss to combine.
7. Season with black pepper, sprinkle with remaining parmesan cheese, and serve!

Serving Suggestions: For a complete meal, serve with a tossed salad of **RI-grown greens!**

Nutritional Information

Per serving (6 servings in recipe):

Calories:	390	Vitamin A:	10%
Cal from Fat:	70	Vitamin C:	15%
Total Fat:	8 g	Calcium:	20%
Saturated Fat:	3 g	Iron:	20%
Cholesterol:	90 mg		
Sodium:	480 mg		
Carbohydrates:	61 g		
Fiber:	11 g		
Sugar:	5 g	Percent Daily Values are based on a	
Protein:	23 g	2000 calorie-per-day diet	

**GET FRESH.
BUY LOCAL.**

Your purchase of
RI grown and raised foods

SUPPORTS
the local economy,

HELPS
to preserve open space
and **CONTRIBUTES**

to a
sustainable food system.

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