

Baked Spaghetti Carbonara



main meals

POINTS® Value: 5
Servings: 6
Preparation Time: 15 min
Cooking Time: 40 min
Level of Difficulty: Easy

This traditional Italian dish featuring fatty bacon, heavy cream and eggs is lightened up with turkey bacon, skim milk and egg substitute, and then baked to perfection.

Ingredients

8 oz uncooked whole-wheat spaghetti
4 slice(s) uncooked turkey bacon, diced
2 medium leek(s), chopped (white parts only)
3 medium garlic clove(s), minced
1 tsp dried oregano
1/2 tsp table salt
1/4 tsp black pepper, freshly chopped
1 1/4 cup(s) fat-free skim milk
1 cup(s) fat-free egg substitute
1/4 tsp garlic powder
1/4 tsp onion powder
1/4 cup(s) grated Parmesan cheese

Instructions

Preheat oven to 375°F.

Cook spaghetti according to package directions (without added oil); drain and transfer to a 9-inch, deep-dish pie plate.

Meanwhile, cook bacon in a nonstick skillet over medium-high heat until golden brown, about 3 minutes. Add leeks and garlic; cook 2 minutes. Stir in oregano, salt and pepper; cook 1 minute. Spoon bacon mixture evenly over spaghetti in pie plate.

In a medium bowl, whisk together milk, egg substitute, garlic powder and onion powder; pour over spaghetti mixture and sprinkle with cheese.

Place pie plate on a baking sheet and bake until filling is set and top is golden brown, about 25 to 30 minutes. Cool slightly before slicing into 6 pieces. Yields 1 piece per serving.