

Even though I am an avid meat eater and am happy as a clam with a giant plate of steak and potatoes in front of me, every once in a while I need a change. Usually pasta is my fix.

The best thing about pasta dishes is that they can be served as a main dish or as a side dish. This still leaves plenty of room for that steak if you so choose!

This dish includes three of my favorite ingredients all in one. Bacon, pasta and peas. My mouth waters just writing about it. Despite that fact that this recipe does take a little bit of time to prepare, it is well worth it in the end. Serve it as a main course with garlic bread or as a side dish to your steak, chicken or fish.

Healthy Carbonara

1 pkg. fettuccine pasta

1 cup frozen green peas

3 slices bacon

3 garlic cloves

1/2 tsp. thyme

1/2 cup fat-free half-and-half

1/2 cup shredded parmesan cheese

Cook pasta according to directions, but salt the water. Three minutes before pasta is done, add the green peas to the pot. Drain and reserve 3/4 cup of cooking liquid.

Meanwhile, cook bacon in a large saucepan until crispy. Remove bacon from the pan and discard all but 2 teaspoons of drippings. Add garlic and thyme and cook one minute. Stir into pasta and peas.

Add reserved cooking liquid and half-and-half. Cook two minutes. Crumble bacon on top of pasta and toss with cheese.