

SPAGHETTI CARBONARA WITH TURKEY BACON AND GREEN PEAS

This recipe is a perfect way to use less meat without sacrificing flavor. This is an easy way to transition into serving smaller meat portions.

SERVES 50 ADULTS

INGREDIENTS

4 lb. whole wheat spaghetti
3 ½ lb. low-sodium turkey bacon, cut into
1-inch pieces
1 cup oil
½ cup garlic, minced
4 lb. green peas, frozen
½ lb. part-skim ricotta
2 ½ quarts 1% milk
½ lb. arugula or baby spinach or 1 cup chopped
parsley
½ lb. parmesan, grated

DIRECTIONS

1. Boil enough water to cook 4 lb. whole wheat spaghetti. Drop spaghetti into boiling water and cook until just al dente. Drain. Keep warm.
2. Heat oil and sauté turkey bacon and garlic for 2 minutes. Add peas into the tilt skillet with the bacon and garlic. Stir to break up clumps.
3. In a bowl ricotta and milk. Add mixture slowly over other ingredients and cook on medium heat until peas are just done. Do not simmer or boil. Add pasta and mix well.
4. Add parsley and parmesan and toss to combine well.