

Broccoli Carbonara *

12 ounces linguine
3 slices bacon
1 large bunch broccoli (About 1 ½ pounds)
1 cup chicken broth (I use bouillon cubes in water)
2 teaspoons minced garlic
1 tablespoon all-purpose flour
1 cup milk
½ cup parmesan cheese
2 tablespoons butter or margarine
½ teaspoon freshly ground black pepper

1. Cook pasta in a large pot of salted boiling water 6 minutes, stirring occasionally.
2. Meanwhile fry bacon in a large non stick skillet 4–5 minutes until crisp. Drain on paper towels. Discard drippings.(I do mine in the microwave)
3. Add broccoli to pasta and cook 5 minutes longer or until broccoli is tender and pasta is firm–tender. Drain in a colander and return both to the pot.
4. While pasta and broccoli cook, bring broth and garlic to a simmer in the skillet. Crumble in bacon. Cover and simmer 2 minutes or until garlic is tender.
5. Whisk flour into milk. Stir into simmering broth mixture and simmer 1 to 2 minutes stirring constantly, until slightly thickened. Pour over pasta and broccoli in pot. Add cheese, butter and pepper. Toss to mix and coat.

Per serving: 524 calories, 23 g protein, 75 g carbohydrates, 15 g fat, 36 mg cholesterol, 925 mg sodium. Exchanges: 4 ½ starch/bread, ¼ dairy/skim milk, 1 ¾ fat.

*I increase all liquid in sauce to 1 ½ cups and use 3 tablespoons of flour for thickening. I don't put in the butter at the end.