



Featured Recipe

Olson Women's Health Resource Center
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Creamy Spaghetti Carbonara

Impress your friends with this fancy yet simple "Creamy Spaghetti Carbonara" recipe. It's a creamy Italian pasta dish favored with egg, cheese and small bits of pork. Any noodle may be used but it is best with spaghetti, fettuccine or linguine. If wanting to increase the fiber, use a whole wheat pasta. Enjoy!

Jaime Stevens, Registered Dietitian, Licensed Medical Nutrition Therapist for the Olson Center

INGREDIENTS

- 1 teaspoon ground black pepper
- 2 egg yolks, beaten
- 2 tablespoons parsley, minced
- 1 garlic clove, minced
- 2 cups half and half
- 4 ounces pancetta, diced
- 2 cups Parmesan cheese, grated, divided
- 1 pinch red pepper flakes
- 12 ounces spaghetti, cooked al dente

INSTRUCTIONS

1. Prepare spaghetti or similar noodles al dente. While the pasta cooks, add the pancetta to a large skillet over medium-low heat and sauté until crisp, about 8 minutes. Transfer the pancetta to a paper-towel-lined plate using a slotted spoon and set aside.
2. Add the garlic to the pancetta drippings in the pan and sauté over medium heat for one minute. Reduce heat to low. Add half and half to the skillet and bring to a simmer. Ladle about 2 tablespoons of the warm sauce into the egg yolks and stir briskly to temper them, then whisk the egg yolks into the sauce. Whisk in 1 ½ cups of the Parmesan cheese. Stir in the black pepper and red pepper flakes.
3. Add the cooked spaghetti, pancetta and parsley to the skillet and toss well to combine. Garnish with remaining Parmesan cheese and serve immediately. Enjoy!

Cook Time: 25 minutes

Servings: 4 servings

NUTRITION

Calories: 290 Cal

Carbohydrates: 33g

Fat: 12g

Protein: 11g

Dietary Fiber: 4g

Olson Wellness Exchange

Olson Wellness Exchange is a free program in the Omaha area designed to help women incorporate health and wellness into their lives. Join the Olson Wellness Exchange to receive up-to-date information on women's health issues and to learn about companies in Omaha that are working to improve wellness in women. Some benefits of your FREE O.W.E. membership are discounts to Olson Center for Women's Health events, monthly e-mails or mailings with current offerings and promotions from O.W.E. partners, quarterly women's health newsletter on a variety of women's issues, and bi-monthly educational flier on a specific women's health issue. To register, call (402) 559-6345, or visit us at the Olson Center for Women's Health on the 4th Floor of the Durham Outpatient Center on UNMC's main campus, or register online at www.olsoncenter.com

