



RECIPES

PASTA & WALNUTS ALLA CARBONARA

1 package (16 ounces) uncooked spaghetti pasta	1/2 cup white wine
2 tablespoons olive oil	2 eggs
4 ounces diced pancetta	1 cup (4 ounces) freshly grated Parmesan cheese, divided
1/3 cup Fisher Chef's Natural Walnuts, chopped	1/4 cup chopped fresh flat-leaf parsley
4 cloves garlic, minced	Ground black pepper
1/4 teaspoon crushed red pepper flakes	

Cook pasta according to package directions. Meanwhile, in large skillet heat oil over medium heat 1 to 2 minutes until hot. Add pancetta; cook 3 to 5 minutes until crisp. Add walnuts, garlic and red pepper flakes to skillet; cook 1 to 2 minutes. Add wine to skillet; cook 2 to 3 minutes until liquid is slightly reduced.

Add drained pasta to skillet; toss to coat. In small bowl, whisk together eggs and 1/2 cup cheese. Remove skillet from heat. Pour egg mixture into pasta. Stir and toss quickly until eggs thicken and coat pasta.

Transfer to serving bowl. Sprinkle pasta with remaining 1/2 cup cheese, parsley and pepper. Serve immediately.

Yield: 8 servings

Nutrition information per serving: 450 Calories, 19 g Total Fat, 6 g Saturated Fat, 0 g Trans Fat, 70 mg Cholesterol, 610 mg Sodium, 45 g Carbohydrate, 3 g Dietary Fiber, 1 g Sugars, 21 g Protein