Fettuccine Alfredo with Bacon

Treat yourself tonight! Indulge in this lightened version of the rich Italian pasta dish.

Cooking Light JANUARY 2010

Yield: 4 servings (serving size: about 1 cup)

Total: 20 Minutes

Photo by: Photo: Randy Mayor; Styling: Leigh Ann Ross

Ingredients

1 (9-ounce) package refrigerated fresh fettuccine

2 slices applewood-smoked bacon, chopped

1 teaspoon minced garlic

1 tablespoon all-purpose flour

1 cup 1% low-fat milk

2/3 cup (about 2 1/2 ounces) grated Parmigiano-Reggiano cheese

1/2 teaspoon salt

2 tablespoons chopped fresh parsley

1/2 teaspoon freshly ground black pepper

Preparation

1. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving 1/4 cup cooking liquid.

2. While pasta cooks, cook bacon in a large nonstick skillet over medium-high heat 4 minutes or until crisp, stirring occasionally. Remove bacon from pan, reserving drippings. Add garlic to drippings in pan; sauté 1 minute, stirring constantly. Sprinkle flour over garlic; cook 30 seconds, stirring constantly. Gradually add milk, stirring constantly; cook 2 minutes or until bubbly and slightly thick, stirring constantly. Reduce heat to low. Gradually add cheese, stirring until cheese melts. Stir in salt and reserved 1/4 cup cooking liquid. Add hot pasta to pan; toss well to combine. Sprinkle with bacon, parsley, and pepper.

Note:

When you're short on time and the ingredient list is short, make every ingredient the freshest and best you can find. A real wood-smoked bacon imparts lots of flavor: Applewood is mild and slightly sweet, while hardwood, such as hickory, is more assertive.

Go to full version of
Fettuccine Alfredo with Bacon recipe