



Spaghetti and Asparagus Carbonara

Quick and easy to make, this savory pasta dish makes a delicious and satisfying meal. Add chicken or salmon for extra protein.

Serves 6 (1 serving = 1 cup)



Ingredients

- 2 teaspoons canola oil
- 1 cup fresh onions, diced
- 1 large egg, beaten
- 1 cup light cream
- ¼ cup low-sodium chicken stock
- 3 cups cooked spiral noodle pasta, cooked al dente (about 1½ cups raw)
- 2 cups fresh asparagus, chopped (about 1" long pieces)
- 1 teaspoon freshly cracked coarse black pepper
- ½ cup fresh scallions, chopped
- 3 tablespoons bacon bits (meatless)
- 3 tablespoons shredded Parmesan cheese

Nutrition Per Serving

Calories	245 cal	Carbohydrates	27 g
Total Fat	12 g	Protein	9 g
Saturated Fat	5 g	Phosphorus	157 mg
Trans Fat	0 g	Potassium	303 mg
Cholesterol	57 mg	Dietary Fiber	5 g
Sodium	159 mg	Calcium	105 mg

Directions

1. In a large nonstick sauté pan, over medium-high heat, heat the oil and sauté the onions until lightly browned.
2. Meanwhile, in a small bowl, whisk the egg and the cream until thoroughly mixed.
3. Lower the heat to medium and pour the cream mixture into the onions, stirring constantly with a wooden spoon until it starts to thicken, about 4–6 minutes.
4. Add the stock, pasta, asparagus, and black pepper and continue to stir for an additional 3–4 minutes or until warmed through.
5. Turn off the heat and pour the carbonara into a serving dish. Top with scallions, bacon bits and cheese and serve.

Recipe provided by Fresenius Kidney Care.