

Garlic/Bacon Pasta

Ingredients

1 lb dried spaghetti	10-12 strips thick cut bacon
6 large garlic cloves	¼ Cup olive oil
1 Tbsp salt	Fresh parsley – to garnish
Grated Parmesan cheese – to garnish	

Directions

Bring a large pot of water to a boil, then add the salt

Cook the pasta for 1 minute less than the packet suggests

Once the pasta is cooked reserve 2 ½ Cups of the pasta cooking water then drain the pasta

While the pasta is cooking: Chop the bacon into smallish dice

add a Tbsp of olive oil to frying pan. cook bacon over medium high for 4-5 minutes until crispy

While the bacon is cooking peel and thinly slice the garlic

Remove bacon from the pan using a slotted spoon, leaving the oil and bacon grease behind

Reduce the heat under the pan and add the remaining olive oil and the sliced garlic

Stir constantly for 2 minutes and as soon as the garlic has softened but not yet colored

Add ½ Cup of the pasta cooking water and turn the heat back up

Boil this mixture for a minute then add in the now drained pasta, keeping the frying pan on the heat.

Add a further ½ Cup of pasta water and toss and stir the pasta in the sauce until it is cooked to your liking

You might need to add more pasta water

Once your garlic “sauce” has coated the pasta, add the cooked bacon and any collected juices back into the pasta then season to taste

(Depending on the saltiness of your bacon you might need salt, but it will want some pepper.)

Serve garnished with parsley and grated parmesan

Calories: 731kcal	Carbohydrates: 87g	Protein: 21g	Fat: 33g	Sugar: 3g
Saturated Fat: 8g	Sodium: 915mg	Potassium: 361mg	Fiber: 4g	