

Heartland Pasta

Peggy Symes

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Servings: 6

1 to 1-1/2 pounds fettuccini
3 tablespoons olive oil
3 tablespoons thick bacon,
cooked and diced
1 tablespoon garlic,
chopped
1 large onion, chopped
1 tablespoon fresh
rosemary
1 pound fresh spinach, torn
1/4 cup white wine
salt (to taste)
pepper (to taste)
red pepper flakes (to taste)
Pecorino cheese (to taste)

Cook the fettuccini according to package directions. Set aside and keep warm.

In a large saute' pan, add the olive oil followed by the bacon, garlic, onion and rosemary. Saute' until tender.

Add the spinach and continue to saute'.

Remove the mixture to a serving dish. Add salt, pepper and red pepper flakes.

Toss with the fettucini and serve with freshly grated Pecorino cheese.

Per Serving (excluding unknown items): 92 Calories; 7g Fat (68.5% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 61mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 1/2 Fat.