
Spaghetti Pie II

Mary Ann Frechette

Nettles Island Cooking in Paradise - 2014

Servings: 6

1 pound spaghetti
4 strips bacon, chopped
1 large (10 to 12 ounce) red onion, finely chopped
1 container (15 ounce) part-skim Ricotta cheese
4 large eggs
2 cups reduced-fat (2%) milk
1/4 teaspoon cayenne pepper
1 cup freshly grated parmesan cheese
salt
2 cups frozen peas

Preheat the oven to 350 degrees.

Heat a large covered saucepan of salt water to boiling on high heat. Cook the spaghetti according to package directions.

Meanwhile, in a twelve-inch skillet, cook the bacon on medium heat for 6 to 8 minutes or until crisp, stirring occasionally. With a slotted spoon, transfer the bacon to paper towels to drain. Add the onion to the remaining fat in the skillet. Cook for 4 minutes or until tender, stirring occasionally.

While the onion cooks, in a very large bowl, whisk the Ricotta, eggs, milk, cayenne, half of the Parmesan cheese and 1/4 teaspoon of salt.

Drain the spaghetti well. Stir into the Ricotta mixture along with the peas, bacon and onion. Spread in an even layer into a three-quart shallow baking dish. Sprinkle the remaining Parmesan cheese on top.

Bake for 30 to 35 minutes or until set.

Pasta

Per Serving (excluding unknown items): 458 Calories; 10g Fat (20.0% calories from fat); 23g Protein; 68g Carbohydrate; 5g Dietary Fiber; 158mg Cholesterol; 225mg Sodium. Exchanges: 4 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.