

Pasta Carbonara

Ingredients:

- 4 servings dried (uncooked) pasta
- 2 cups ham
- 1 cup frozen peas
- 2/3 cup plain yogurt
- 1 egg
- 1 tsp dijon mustard
- 1/2 cup grated parmesan dish
- 1 tsp cracked pepper

Directions:

Beat 1 egg in a small bowl. Add dijon mustard and parmesan cheese and stir. Cook pasta according to directions. Just before the pasta is finished add the frozen peas and ham and boil with pasta 1 more minute. Drain pasta, ham and peas and then pour back into pot and IMMEDIATELY stir in the egg mixture (pasta needs to be very hot still) then add yogurt and black pepper.

Approximately 4 servings