

BEYOND HUNGER

Easy Pea & Spinach Carbonara

If you're a pasta lover, you'll enjoy this recipe! It is a quick and easy way to add more veggies to your plate. This recipe is sure to become a family favorite!

Yields: 4 servings

Serving Size: 1 cup

Ingredients:

- 1 ½ Tbsp **extra-virgin olive oil**
- ½ c **panko breadcrumbs**, preferably whole wheat
- 1 small clove **garlic**, minced
- 6 Tbsp grated **parmesan cheese**
- 3 Tbsp finely chopped **fresh parsley**
- 3 large **egg yolks**
- 1 large **egg**
- ½ tsp **ground pepper**
- 1 (9 oz.) package **linguine**
- 8 c baby **spinach**
- 1 c **peas** (fresh or frozen)

Instructions:

1. Put 10 cups of water in a large pot and bring to a boil over high heat.
2. Meanwhile, heat oil in a large skillet over medium-high heat. Add breadcrumbs and garlic; cook, stirring frequently, until toasted, about 2 minutes. Transfer to a small bowl and stir in 2 Tbsp each, parmesan and parsley. Set aside.
3. Whisk the remaining 4 Tbsp of parmesan, egg yolks, egg, and pepper in a medium bowl.
4. Cook pasta in boiling water, stirring occasionally, for 1 minute. Add spinach and peas and cook until the pasta is tender. Reserve ¼ cup of the cooking water. Drain pasta and place in a large bowl.
5. Slowly whisk the reserved cooking water into the egg mixture. Gradually add the mixture to the pasta, tossing with tongs to combine. Serve topped with reserved breadcrumb mixture.

Per Serving: Calories 365 kcal, Carbohydrates 45.9g, Protein 16.9g, Saturated Fat 4g, Sodium 342mg, Fiber 5g, Sugars 3.9g
This recipe was adapted from EatingWell.com.

Chef's Note: If you'd like to lower carbs and increase protein – try this recipe with chickpea or lentil pasta or add lean meat like grilled chicken! This will change the nutrition facts listed above.