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Posted on September 8, 2011

## Quick & Healthy Pasta Carbonara

Pasta carbonara is usually made with bacon, eggs and loads of cheese, so to clean it up while keeping the dish taste bud-friendly, we've replaced the bacon with chicken, cut down on egg and cheese, and added mixed veggies.

By Jill Silverman Hough | Photo: Edward Pond

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Serves: 2  
Hands-on time:  
Total time:

CATEGORY:  
Under 45 Minutes

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### INGREDIENTS:

- 1 6-oz boneless, skinless chicken breast, cut into ½-inch pieces
- 4 oz whole-wheat spaghetti, linguine or fettuccine
- 1 1/2 cups mixed frozen vegetables
- 1 large egg
- 1/3 cup Parmigiano-Reggiano cheese, finely grated
- 2 cloves garlic, finely minced
- 1/2 tsp fresh ground black pepper
- 1/8 tsp fine sea salt

### INSTRUCTIONS:

1. In a medium nonstick skillet over medium-high, cook chicken, stirring occasionally, until browned and cooked through, about 4 minutes. Transfer to a large bowl; set aside.
2. In a large pot of boiling water, cook pasta according to package directions. Stir in vegetables 2 minutes before pasta



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is al dente (very slightly chalky in the center).

3. While pasta is cooking, add egg, cheese, garlic, pepper and salt to bowl with chicken, stirring to combine.
4. Reserve 1/2 cup pasta-cooking water, then drain pasta. Immediately add pasta and 1/2 of reserved pasta water to chicken mixture, tossing to combine. Add more pasta water, as desired. Serve immediately.

Nutrients per 1 1/2-cup serving: Calories: 410, Total Fat: 8 g, Sat. Fat: 3 g, Monounsaturated Fat: 0 g, Polyunsaturated Fat: 1 g, Omega-3s: 40 mg, Omega-6s: 670 mg, Carbs: 38 g, Fiber: 9 g, Sugars: 5 g, Protein: 35 g, Sodium: 373 mg, Cholesterol: 47 mg

**KEYWORDS:** chicken, poultry, carbonara, linguini, fettuccini, spaghetti

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