

Total Time: 40 minutes

Servings: 6

# Multigrain Pasta Carbonara

## Ingredients

- Nonfat cooking spray
- 6 servings of tofu
- 4 egg yolks
- ½ cup plain, fat-free Greek yogurt
- ½ tsp. coarsely ground black pepper
- 2 cups frozen peas
- 16 ounces of multigrain pasta
- 2 tbsp. almond milk or other milk substitute
- ¼ cup thinly sliced basil leaves



Get your pasta fix with this healthy, whole-grain pasta dish topped with greens and veggies.

## Recipe

1. Preheat the oven to 425°F. Coat two large cookie sheets with cooking spray.
2. Spread the tofu on the sheets and bake 15 to 20 minutes, until crisp. Set aside.
3. In a medium bowl, whisk the egg yolks, yogurt and pepper until smooth.
4. Place the peas in a large colander and set it in the sink. Cook the pasta in a stockpot according to the package instructions; drain the pasta on top of the peas to defrost them. Return the pasta and pea mixture to the stockpot and place it over very low heat. Add the egg mixture and tofu.
5. Toss the pasta about 1 minute, until the egg mixture evenly coats the noodles. Turn off the heat add the almond milk and stir well. Top with basil and serve immediately.

### Nutrition

Calories	470cal
Total Fat	12g
Saturated Fat	4g
Trans Fat	0g
Sodium	510mg
Carbohydrates	65g
Fiber	4g

