



# Carbonara

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Makes 2 servings  
Serving size: 112 g  
Protein per serving: 1.55 g  
Calories per serving: 460

## Ingredients:

- 124 g Aprotin Linguini
- 1 1/4 tsp Cambrooke Chicken-Flavored Consomme & Seasoning, dry, divided
- 1 TBSP Bacon fat
- 14 g Shallot, raw, chopped, about 1 small shallot
- 1 clove(s) Garlic, fresh cloves, chopped
- 10 g Cambrooke Eggz, Imitation Egg & Omelet Mix, dry
- 2 TBSP Butter, regular or unsalted
- 20 g Parmesan Style Shredded, I used Follow Your Heart brand
- 1 TBSP Low Protein Bacon Bits, I used Taste Connections

## Instructions:

1. Bring water for pasta mixed with 1 teaspoon consommé to a boil over medium heat. Reduce heat to bring down to a simmer and add pasta. Cook pasta to package directions. Drain water, making sure to reserve 1/3 cup of the pasta water for later. Set drained pasta aside. In a small bowl mix the eggz and 1/4 tsp consommé together and set aside.
2. In a medium skillet heat 1 tablespoon bacon fat over medium heat. Add shallots and sauté until translucent, about one minute. Add garlic and sauté one minute. Add drained pasta and toss to coat in bacon fat.
3. Add 3 tablespoons of reserved pasta water to the eggz and consommé mixture and mix to combine. Move pasta in skillet to the side and add the eggz mixture and quickly scramble. Lightly toss everything together and remove from the heat. Add the butter and swirl with the pasta until melted and well coated. Move to a serving dish, top with the low protein Parmesan cheese and low protein bacon bits. Enjoy!