

Light Carbonara Pasta



Inspired by Italian classics, this light carbonara pasta was created by our dietitians to suit individuals following a low-FODMAP diet, while preserving its creamy texture and savoury taste. Made with simple ingredients, this lighter version is a quick and easy weeknight meal. To switch things up while supporting your digestive needs, try our [Low-FODMAP Lasagna](#)!

Preparation 10 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 440

Fat 11

Carbohydrates 67

Fibre 5

Protein 19

Sodium 575

Ingredients

- Cooking spray
- 1 small eggplant (about 300 g), diced
- 4 slices (60 g) of Black Forest ham, diced
- 300 g (10 oz) pasta*

- 250 ml (1 cup) finely grated Parmesan cheese
- 60 ml (¼ cup) milk*
- Black pepper, to taste

Preparation

1. Spray a large non-stick skillet with oil. Cook the diced eggplant and Black Forest ham for 8 to 10 minutes, or until the eggplant is tender and golden. Season with pepper to taste.
2. In a large pot of boiling water, cook the pasta according to package directions. Reserve 125 ml (½ cup) of the cooking water, then drain.
3. While the pasta is cooking, whisk the eggs with the lactose-free milk and Parmesan cheese in a medium bowl. Gradually whisk in about 60 ml (¼ cup) of the hot pasta water to temper the mixture.
4. Add the drained pasta to the skillet with the eggplant and ham. Stir in the egg mixture, mixing constantly to prevent the eggs from scrambling. Add more cooking water if needed to loosen the sauce.
5. Season with freshly ground pepper and serve.

Notes

Keeps refrigerated for 3 days in an airtight container. Best enjoyed immediately.

*For a low-FODMAP recipe, choose gluten-free pasta and lactose-free milk.



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