

Linguine Carbonara with Turkey Bacon and Edamame



Discover our innovative recipe for turkey bacon and edamame linguine carbonara. Highlighting edamame, this dish is a delightful blend of protein and fiber, delivering a flavorful and nutritious experience.

Preparation 5 min
Cooking 12 min
Servings 4
Nutrition Facts (per serving)
Calories 565
Fat 14
Carbohydrates 79
Fibre 11
Protein 38
Sodium 650

Ingredients

- 345 g (12 oz) whole wheat linguine
- 250 ml (1 cup) shelled edamame beans
- 8 slices (208 g/7 oz) turkey bacon, diced
- 1 French shallot, minced
- 1 clove (5 ml/1 tsp) garlic, minced
- 1 drizzle of olive oil

- 60 ml (¼ cup) grated Parmesan cheese
- 4 large egg yolks
- Pepper and salt

Preparation

1. In a large skillet over medium-high heat, brown the bacon, shallots and garlic in the oil.
2. When bacon is slightly crisp, add evaporated milk and half the Parmesan cheese. Simmer over medium heat for 5 minutes, stirring with a spoon a few times.
3. In a pot of moderately salted boiling water, cook linguine and edamame for 5 minutes. Remove 125 mL (½ cup) of the cooking water and set aside. Drain.
4. In a bowl, combine egg yolks and 60 mL (¼ cup) of the cooking water. Season with pepper and salt. Set aside.
5. Add linguine, edamame and 60 mL (¼ cup) of the cooking water to the pan with the remaining sauce. Stir lightly over low heat for 2 minutes, then remove from heat.
6. Pour egg yolk mixture over pasta. Add remaining Parmesan cheese on top. Season with pepper and salt to taste. Serve immediately.



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