

Whole Wheat Spaghetti Carbonara

with Smoked Tofu & Pea Tips

Chefs, we're pulling out all the stops with this recipe, bringing diverse culinary styles together to create an exceptional meal. Carbonara, an Italian dish, typically features pasta, cheese, eggs and pancetta. In this recipe, designed for the vegetarian chef, you'll be using smoked tofu to create a version of the original that maintains all of its complex flavors. And we're not stopping there. You'll also be adding pea tips, the leaves of the snow pea, to imbue this dish with all the freshness of spring.



Ingredients

2 Farm Eggs

1 11-Ounce Package Smoked Tofu

6 Ounces Whole Wheat Spaghetti

5 Ounces Pea Tips

2 Cloves Garlic

2 Scallions

Knick Knacks

2 Tablespoons Butter

¼ Cup Grated Parmesan Cheese

¼ Teaspoon Crushed Red Pepper Flakes

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut the tofu into 1-inch pieces. Peel and thinly slice the garlic. Remove and discard the root ends of the scallions; thinly slice the scallions on an angle, separating the white bottoms and green tops. Crack the eggs into a medium bowl; beat until smooth.

2



Brown the tofu:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **tofu** and season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until browned on all sides.

3



Cook the pasta:

While the tofu cooks, add the **pasta** to the pot of boiling water. Cook 8 to 10 minutes, or until just shy of al dente (still slightly firm to the bite). Reserving **1½ cups of the pasta cooking water**, drain the pasta thoroughly and set aside.

4



Cook the vegetables:

While the pasta cooks, to the pan of tofu, add the **garlic**, **white bottoms of the scallions** and **as much of the crushed red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **pea tips**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Turn off the heat.

5



Finish the pasta:

Whisking constantly, slowly add **¼ cup of the reserved pasta cooking water** to the bowl of **eggs**. To the pan of tofu and vegetables, add the **cooked pasta**, **butter**, **half the Parmesan cheese** (save the rest for garnish) and **¾ cup of the reserved pasta cooking water**. Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until well combined. (If the sauce seems dry, slowly add the remaining reserved pasta cooking water to achieve your desired consistency.) Turn off the heat and add the **egg mixture**; stir vigorously to thoroughly combine. Season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished pasta** between 2 dishes. Garnish with the **green tops of the scallions** and **remaining Parmesan cheese**. Season with pepper. Enjoy!