

The Lafayette Linguine (Carbonara)

Lafayette High School – Fayette County, KY

The General Chefs

Ingredients:

18 oz. whole wheat linguine

2 tsp. olive oil

1 ½ cups pasta water

1 ½ cups low-fat yogurt

9 oz. diced cooked ham

¾ cup unpacked parmesan cheese

1 clove garlic (minced)

1 tsp salt

5 oz. liquid egg

1 ½ cup diced sautéed chicken (cooked to a temp. of 165°F)

½ cup fresh local cherry tomatoes (cut in half)

½ cup fresh local kale (chiffonade cut)

½ cup fresh local yellow squash (bias cut)

½ cup fresh local zucchini (bias cut)

½ cup fresh local carrot (bias cut)

¼ cup small diced onion (julienne)

Directions:

Cook pasta according to the package directions. Before draining save 1 ½ cups of pasta cooking water.

While pasta is cooking, fill another pan with water and boil. Reserve to hold hot. This will be used to heat a stainless steel bowls for final preparation dish.

Now beginning to cook the ham, garlic, and onions in 2 tsp of olive oil for 1 minute. Now add the carrots and cook for 2 minutes. Once 2 minutes has passed add in the yellow squash, zucchini squash, cherry tomatoes, and kale. Cook all additional veggies 3 minutes. Add chicken, cook 1 minute (chicken will be cooked to 165°F prior to adding to finished dish)



Add hot water to stainless steel bowl to get hot 2 minutes. Drain.

Add yogurt, parmesan cheese and pasta water to the bowl, whisk until smooth.

Add meat and veggie mixture to pasta sauce.

Add egg, salt, and freshly drained hot past to the bowl. Stir mixture quickly to keep egg from cuddling.

Serve pasta while hot with fresh cracked pepper and parmesan cheese.