



GBS HEALTH & WELLNESS

Mushroom Carbonara

Adapted from bonappetit.com | Servings: 4



About this Recipe

Love is in the air, and what says love more than a hearty Italian meal? This month's recipe is a traditional Italian dish with a meatless twist. In this Mushroom Carbonara recipe, mushrooms replace pork to offer a vegetarian option. Did you know mushrooms are a great source of B vitamins, phosphorus and other micronutrients?

Expose mushrooms to sunlight for as little as 15 minutes to significantly increase their vitamin D content!

INGREDIENTS

- › 1 lb portobello mushrooms
- › 4 garlic cloves
- › 5 large egg yolks
- › 1 small red onion
- › 1 large egg, whole
- › 2 oz Parmigiano-Reggiano cheese - grated
- › 2 oz Pecorino Romano cheese - grated
- › ¼ c. olive oil
- › 1 lb Bucatini noodles, or sub with noodle of choice
- › Salt and pepper to taste

DIRECTIONS

1. Fill a pot with water and bring to a boil
2. While the water is starting to boil, remove stems from mushrooms and cut into chunks
3. Set mushrooms aside and mince the garlic cloves and onion; set aside
4. Add the 5 large egg yolks, 1 whole egg and Parmesan to a bowl and whisk together until thoroughly mixed; set aside
5. Heat up a large skillet and add olive oil. Cook mushrooms in pan over medium-high heat until almost golden brown (around 12-14 minutes). Then, add the onion and garlic and cook for an additional 60 seconds
6. While the mushrooms are cooking, add your bucatini noodles to the boiling water and cook until al dente (around 7 minutes)
7. Remove 2 cups of pasta water and drain pasta
8. Add 1 c. pasta water and pasta to mushroom mixture; mix thoroughly; allow to cool for 1 minute
9. Add ½ c. cooled pasta water to egg mixture and mix thoroughly to create a sauce
10. Combine sauce and noodle mixture slowly, adding more pasta water as needed
11. Add salt and pepper to taste, then serve!

