

Chicken Carbonara with Zucchini Noodles and Broccoli

Yield: 6 servings

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap cheese with dairy-free alternative

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

Ingredients

3 egg yolks
2 cups Parmigiano-Reggiano, finely shredded
1 Tbsp olive oil
3 chicken breasts, 1-inch cubes
1 cup onion, small dice
3 cloves garlic, thinly sliced
¼ tsp cayenne
2 cups ham, ½ inch dice
½ cup dry white wine
8 cups zucchini ribbons (about 4 medium zucchini)
4 cups broccoli florets
1 red bell pepper, small dice

Directions

1. Bring a large saucepan of salted water to a simmer.
2. In a medium bowl, combine the egg yolks (3) and cheese (2 cups).
3. Heat olive oil (1 Tbsp) on high heat in a large sauté pan.
4. Add chicken breast, and sauté for about eight minutes or until it begins to brown.
5. Add onion (1 cup). Cook for about three minutes.
6. Add garlic (3 cloves), cayenne pepper (¼ tsp), and ham (2 cups), and continue cooking for about five minutes.
7. Add white wine (½ cup). Stir to gently deglaze the pan.
8. Continue cooking until the wine is reduced and the pan is almost dry.
9. Remove the pan from the heat. Stir in the egg/cheese mixture.
10. Cook broccoli florets (4 cups) in the simmering salted water for about three minutes or until cooked but not mushy. Set aside.
11. Cook zucchini (8 cups) in the same water for 30–45 seconds. Remove zucchini, drain well, and place on a platter.
12. Spoon the chicken/ham mixture in the center of the platter.
13. Serve topped with broccoli and red bell pepper.



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Nutrition Facts

Serving size 1 (18.5oz)

Amount Per Serving **525g**

Calories **669**

% Daily Value

Total Fat 37.1g **57%**

Saturated Fat 13.3g **67%**

Cholesterol 267mg **89%**

Sodium 1656mg **69%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **9%**

Sugars 6g

Protein 59g **119%**

Vitamin A **58%**

Vitamin C **159%**

Calcium **37%**

Iron **19%**