

# Spaghetti Squash Carbonara



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 10 minutes | **Cook:** 20 minutes

## INGREDIENTS

- 1 large spaghetti squash (about 2 pounds)
- 1 cup mushrooms, sliced (or 4 slices bacon)
- 2 large eggs
- $\frac{3}{4}$  cup Parmesan cheese
- 4 cloves garlic, minced (optional)
- salt and pepper to taste
- 2 teaspoon chopped fresh parsley (optional)



## DIRECTIONS

1. Slice spaghetti squash in half, lengthwise, from stem to tail. Remove seeds and stringy flesh. Place squash flesh side down in a microwave safe glass baking pan. Cook 10-12 minutes until flesh is soft. Let squash cool to touch, turn over and "rake" a fork through the flesh to create the "noodles".
2. While the squash is cooking, slice mushrooms or cut bacon into small pieces. Saute mushrooms with 1 tablespoon of olive oil or cook bacon in a large skillet. Place on a paper towel lined plate when cooked.
3. Combine eggs, cheese, salt and pepper in a small bowl. Set aside.
4. Add garlic to frying pan and cook until fragrant (about 1 minute.) Add the spaghetti squash and mushrooms or bacon and heat thoroughly. Turn off heat, and add egg mixture. Toss to combine.
5. Garnish with parsley and additional Parmesan cheese when served.

### Nutrition Information

<i>Serving size: 1<math>\frac{1}{4}</math> cup made with bacon</i>	
<b>Calories</b>	<b>244</b>
<b>Total fat</b>	<b>13.9 g</b>
Saturated fat	6.4 g
<b>Cholesterol</b>	<b>119.1 mg</b>
<b>Sodium</b>	<b>559 mg</b>
<b>Carbohydrates</b>	<b>15.9 g</b>
Fiber	3.3 g
Sugars	6.0 g
<b>Protein</b>	<b>16.2 g</b>

Recipe source:  
[simplehealthykitchen.com](http://simplehealthykitchen.com)