



BAKED SPAGHETTI SQUASH CARBONARA WITH BACON, RICOTTA, PARMESAN AND CREAM **Serves 8.**

- 1 medium spaghetti squash (about 3 1/2 pounds)
- 2 tsp. olive oil
- 8 oz. bacon, diced
- 3/4 cup diced onion
- 4 large eggs
- 1/2 cup ricotta cheese
- 1/4 cup whipping cream
- 1 1/4 cups Parmesan cheese, or mix of Parmesan and Pecorino, divided use
- 1 tsp. salt
- 1 tsp. freshly ground black pepper

1. Preheat oven to 400 degrees. Cut the squash in half lengthwise and remove the seeds. Brush flesh with olive oil. Place cut sides down on a parchment-lined baking sheet; roast in the oven until tender but not mushy, about 45 minutes.
2. Cook the bacon in a heavy skillet over medium heat until the edges crisp. Add the onions and cook until soft and beginning to brown, 5 to 6 minutes. Remove from the heat.
3. Whisk the eggs in a large bowl, then whisk in the ricotta and cream. Fold in the cooked bacon and onions, then 1 cup of grated cheese and the salt and pepper.
4. When the squash can be easily pierced with a fork, remove it from the oven and reduce the heat to 375 degrees. Remove and cool. When cool, scrape the flesh with a fork to create spaghetti-like strands. You should have about 6 cups total.
5. Mix the squash strings into the egg-and-onion mixture. Spread in a 9 x 13 inch oiled baking dish and top with the remaining 1/4 cup of cheese. Bake until set and golden-brown on top, about 45 minutes. **Make ahead:** The casserole can be assembled in the baking dish up until the final bake and refrigerated overnight. (about 4g net carbs per serving)