

Spaghetti squash carbonara-2017

Food Item:	Amount:	Notes:
Spaghetti squash	1 each	cut in ½ deseed
Coconut cream	1 cup	
Bacon	1 lb	chopped and cooked
Parsley	¼ cup	chopped
Lemon	juice of ½	
Olive oil	2 Tablespoons	
Garlic	1 Tablespoon	minced
Egg yolk	1 each	optional
Salt	1 teaspoon	
Pepper	½ teaspoon	

Procedure:

Bake the spaghetti squash in 400° oven for about 30 minutes just until tender enough to scrape the strands. Let cool for 20 minutes. Then scrape the strands out. Reserve.

In a skillet Heat the oil and saute the garlic for 1 minute. Add the bacon and squash and toss well. Add the coconut cream. Cook and toss for 2 minutes. Add the lemon juice, salt, pepper and parsley. Plate and reset egg yolk on top if desired.