Spaghetti Squash alla Carbonara

Traditionally, carbonara incorporates heavy cream with bacon and eggs to coat pasta. In the new and improved version, spaghetti squash makes this dish gluten-free and coconut milk makes it dairy-free. The eggs are cooked just enough to make a creamy, luxurious coating over the squash noodles, speckled with salty bacon.

ingredients

1 medium spaghetti squash

Extra virgin olive oil, for drizzling

Salt and pepper

8 oz. bacon

1/2 yellow onion, diced

2 cloves garlic, minced

2 eggs

1/4 cup coconut milk

1 tsp dried oregano

1 tbsp fresh parsley, chopped

directions

1. Preheat the oven to 400 degrees F. Place the squash in the microwave for 3-4 minutes to soften. Use a sharp knife to cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let cool until you can handle it safely.

Then scrape the insides with a fork to shred the squash into strands.

2. In a small bowl, whisk together the eggs, coconut milk, oregano, 1/4 teaspoon of salt, and a generous dash of pepper until completely

combined.

3. When the squash is almost done baking, cook the bacon in a skillet over medium heat. Remove to a paper towel-lined plate, crumble, and set aside. Discard of the bacon grease, reserving about one tablespoon. Add the onion and garlic to the pan and sauté for 4-5 minutes until soft. Stir in the shredded spaghetti squash. Add half of the crumbled bacon to the pan and stir to incorporate. Turn the heat down to the lowest setting.

4. Slowly pour the egg mixture into the squash, stirring vigorously. Continue stirring constantly for 1-2 minutes so that the eggs do not scramble, until the egg mixture forms a creamy sauce over the squash noodles.

5. Season to taste with salt and pepper. Top with remaining crumbled bacon and fresh parsley. Serve immediately.