

Jones Dairy Farm

Baked Spaghetti Squash Carbonara

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COURSE

Main Course, Side Dish



CUISINE

Fall



PREP TIME

1 Hour



COOK TIME

1 Hour



Nutrition Facts

Baked Spaghetti Squash Carbonara

Amount Per Serving

Calories 165 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 5g **25%**

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 107mg **36%**

Sodium 761mg **32%**

Potassium 175mg **5%**

Total Carbohydrates 8g **3%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 11g **22%**

Vitamin A 7%

Vitamin C 8%

Calcium 18%

Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.

SERVINGS

10

US Imperial

Ingredients

- 1 Medium Spaghetti Squash
about 3 pounds
- 8 Ounces Jones Dairy Farm Bacon
8-10 slices, diced
- 1 Small Yellow Onion diced
- 4 Large Eggs
- 1/2 Cup Ricotta Cheese
- 1 1/4 Cups Parmesan cheese
- 1 Teaspoon Salt
- 1 Teaspoon black pepper

Instructions

- 1 Heat the oven to 350°F.
- 2 Cut the squash in half lengthwise with a sharp chef's knife.
- 3 Scrape out the seeds and seed flesh with a spoon and discard.
- 4 Pour 1/2 cup water into a 9-x13-inch baking dish and place the squash cut-side down in the water.
- 5 Roast for 45 minutes or until tender.
- 6 In a heavy skillet, cook the bacon over medium heat until the edges crisp.

- 7** Add the onions and cook for 5 to 6 minutes, or until soft and beginning to brown.
- 8** Remove from the heat.
- 9** In a large bowl, whisk the eggs, then whisk in the ricotta. Fold in the cooked bacon and onions, then 1 cup of grated cheese and the salt and pepper.
- 10** When the squash can be easily pierced with a fork, remove it from the oven and turn the heat up to 375°F.
- 11** Remove the squash from the baking dish and let it cool slightly.
- 12** Dump out any water left in the baking dish, wipe it dry, and then grease it lightly with cooking spray.
- 13** Shred the inside of the squash with a fork into spaghetti-like strings and remove from the outer shell. You should have approximately 6 cups.
- 14** Mix the squash strings into the egg-and-onion mixture.
- 15** Spread in the baking dish and top with the remaining 1/4 cup of cheese.
- 16** Bake for 45 minutes or until firm and golden on top.