Jones Dairy Farm

Baked Spaghetti Squash Carbonara

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COURSE

Main Course, Side Dish



CUISINE

Fall



PREP TIME

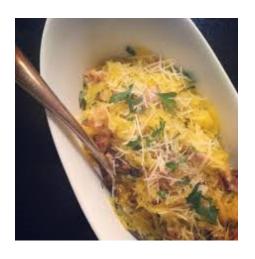
1 Hour



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1 Hour





| Nutrition Facts Baked Spaghetti Squash Carbonara | |
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| 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 Carbohydrate | es 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
- 11/4 CupsParmesan cheese
- 1 Teaspoon Salt
- 1 Teaspoon black pepper

Instructions

- 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.
- Pour 1/2 cup water into a 9-x13-inch baking dish and place the squash cutside down in the water.
- Roast for 45 minutes or until tender.
- 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.
- 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.
- When the squash can be easily pierced with a fork, remove it from the oven and turn the heat up to 375°F.
- Remove the squash from the baking dish and let it cool slightly.
- Dump out any water left in the baking dish, wipe it dry, and then grease it lightly with cooking spray.
- 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.
- Mix the squash strings into the eggand-onion mixture.
- Spread in the baking dish and top with the remaining 1/4 cup of cheese.
- Bake for 45 minutes or until firm and golden on top.