

Quilt Essential  
Devils Lake, ND

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# Low Carb Carbonara

## *Ingredients:*

- 1 spaghetti squash, halved, seeded
- 6 eggs
- 1 (12oz) can evaporated milk
- 1 T garlic powder
- 1 t salt
- 1 T dried oregano
- 1 pound chopped cooked chicken
- 14 oz shredded Parm cheese, divided
- 1 bunch green onions, chopped, divided
- 1/4 c bacon bits
- ground pepper to taste

## *Directions:*

Preheat oven to 375 degrees F. Line baking sheet w/ parchment paper. Place squash, cut side down onto sheet. Bake in oven until flesh is tender, 30-45 mins.

Scrape spaghetti squash flesh into large bowl using fork. Whisk eggs, evaporated milk, garlic powder, salt, and oregano together in a separate bowl; pour over squash. Mix chicken, 1/2 the parmesan cheese, 1/2 the green onions, bacon bits, and black pepper into squash mixture; pour into 9x13" casserole dish. Top mixture with remaining parmesan cheese and green onions. Bake until cooked through and set, about 45 minutes.

## *My Changes:*

I cook the squash in the microwave and use my stack cooker to cook a flavored pork sausage (maple is great) instead of the chicken. I find 14 oz of cheese is way too much, so I use about a 2 cup package instead. If you cook the squash and sausage in the microwave, the entire meal takes a little over an hour.