

Carbonara, Veggies, and Spaghetti Squash

Ingredients:

1	medium spaghetti squash
1/2 package	bacon
2 cups	diced assorted colors of bell pepper
1	medium chopped onion
1	large handful chopped fresh spinach
4 tablespoons	unsalted butter
1/4 cup	grated Parmesan cheese
1/2 teaspoon	California garlic powder
3/4 cup	heavy cream
	sea salt, to taste
	freshly ground black pepper, to taste
	shredded Parmesan cheese, to top



Directions:

Half spaghetti squash and scrape out seeds. In glass casserole dish, place the spaghetti squash, cut side down. Pour water into container to make about 1/2" of water. Cover with plastic wrap or lid. Microwave for 10 minutes on high.

Meanwhile, dice bacon and cook in skillet until crispy. Remove to plate. In bacon drippings, add bell peppers and onion. Saute until onion is translucent.

While vegetables are sauteing, start the cream sauce. In saucepan, melt butter. Add 1/4 cup grated Parmesan cheese and garlic powder; stir until melted. Pour in cream and reduce heat to low. Allow sauce to heat and thicken. When onions and peppers are done, add bacon and spinach; allow spinach to wilt.

Scrape spaghetti squash from shell onto 4 dinner plates. Top with vegetables and bacon, then sauce. Salt and pepper to taste. Sprinkle with shredded Parmesan cheese to serve.