



Name: David Brooks

Recipe Name: Spaghetti Squash Carbonara with Bacon

Recipe Ingredients:

- 2 large spaghetti squash (2 1/2 pounds each)
- 3/4 cup grated Parmesan, optional to top
- 1 large egg yolk
- 4 oz bacon, cut into 1/4-inch pieces
- 1 small clove garlic, minced
- 1/4 tsp crushed red pepper flakes
- 1/3 cup heavy cream
- 1/4 cup garnish greens
- Kosher salt and freshly ground black pepper

Recipe Instructions:

1. Preheat the oven to 375
2. Cut squash into 2 crosswise using a serrated knife. Discard the seeds. Brush Spaghetti squash with melted butter and sprinkle with s&p. Bake for 40 minutes until very tender and the flesh can easily be flaked with a fork. Let cool for 15 minutes. Use a fork to scrape the sides of the squash into spaghetti-like strands into a bowl.
3. Mix Parmesan, egg yolk, 1/2 teaspoon salt and a generous amount of pepper in a medium bowl.
4. Cut and cook bacon in a large skillet over medium-high heat, stirring occasionally, until crisp, about 6 minutes.
5. Add the garlic and red pepper flakes and cook, stirring, until fragrant, about 1 minute.
6. Stir in the heavy cream, scraping up any brown bits in the pan, and bring to a boil.
7. Reduce the heat to medium, add the squash strands and toss until well coated.

8. Add the Parmesan mixture and toss to gently cook the eggs and make a creamy sauce. Stir in the garnish.