

NATURE'S



FOOD PATCH

## Market & Café

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# *Spaghetti Squash alla Carbonara*

*w/ Mindful Meals Personal Chef Emily Drews*

### **Ingredients:**

- 1 medium spaghetti squash
- 12 oz bacon
- 1 tbsp arrowroot powder
- ½ c full-fat coconut milk
- 6 eggs
- 1 tbsp Italian seasoning (or Herbs de Provence)
- 1 tsp dried parsley
- 1 tsp salt
- ¼ tsp garlic powder

### **Directions:**

Cut the spaghetti squash in half lengthwise. Turn flesh side down on a baking sheet lined with parchment and bake for 40 minutes at 350 degrees.

While the squash is cooking, fry up the strips of bacon in a pan over medium heat. When the bacon is finished cooking and crispy, remove from the pan and set aside bacon. Pour off about 2 tbsp of the bacon fat into a bowl. Over medium heat, whisk in the arrowroot powder to the remaining bacon fat and let cook for a few minutes.

While the arrowroot cooks, combine eggs, coconut milk, seasoning, parsley, salt and garlic powder in a bowl until all yolks are fully incorporated. Pour eggs into pan, stirring frequently, and cook in bacon fat until still wet but cooked through (about 3 minutes).

Slice bacon into 1/4 inch strips, add to serving bowl and top with egg mixture.

Scoop out spaghetti squash "noodles" with a spoon and add to serving bowl, top with the reserved bacon fat and start to incorporate into the spaghetti squash. Stir to combine all ingredients.

# Zucchini Noodle Lasagna

w/ Mindful Meals Personal Chef Emily Drews

## Ingredients:

- 1 pound ground beef
- 1 cup diced Spanish onion
- 2-4 cloves fresh garlic, crushed
- 1 tbsp oil
- 2 tbsp chopped fresh basil
- 2 tsp dried oregano
- ½ tsp fennel seeds
- 1 cup dry white wine
- 1-28 oz. can crushed tomatoes
- 1 tsp sea salt + more to taste
- 2 oz. goat cheese
- About 2 oz. parmesan for grating
- 1 large zucchini, washed

## Directions:

Heat oil in a large skillet over medium high heat. Add onion and garlic and sauté just until translucent. Crumble ground beef into the pan and brown about half way. Pour in white wine and reduce 5 minutes. Add herbs, fennel seed, salt and crushed tomato and simmer on medium low about 10 more minutes until the sauce is slightly thickened.

While beef is simmering, prepare the zucchini. On a mandolin slicer, hold the flower end of the zucchini at an angle to the blade and make oblong slices about 1/8" thick. This can also be done very carefully with a sharp knife. In a deep casserole dish, begin making layers. Put a thin layer of sauce in the bottom of the dish. Make a slightly overlapping layer of zucchini over the sauce. Take half of the meat sauce and spread it evenly over the zucchini. Take half of the goat cheese and crumble it evenly over the meat sauce. Shred a light layer of parmesan over the goat cheese. Repeat these steps again beginning with a zucchini layer.

Put a final layer of zucchini on the top and shred a topping of parmesan cheese.

Bake 30 minutes until sauce is bubbly and cheese is slightly browned. Let rest 10 minutes before serving.