

## "Spaghetti" Carbonara

Quick and easy carbonara

- 2-4 bags Konjac noodles
  - 2-4 zucchini (spiralized)
  - 8 strips bacon (pork or turkey)
  - 3 TBSP coconut oil (if using turkey bacon)
  - 3 large eggs
  - 1 cup Parmesan (green can or fresh grated)
  - 4 garlic cloves (minced)
  - 1/2 tsp pepper
  - 1/2 tsp mineral salt
  - 2 tsp nutritional yeast
  - 2 tsp dried parsley
1. If you are using konjac noodles empty them into a colander and rinse them well. Pat the noodles dry as much as you can. This is important. You are going to add the noodles to hot oil and wet noodles will cause a lot of splatter. (Don't ask how I know...)
  2. Beat the eggs well in a bowl then add parmesan cheese, parsley, nutritional yeast, salt, pepper, and garlic. Mix well with a whisk or handheld mixer. This will be a thick sauce. Set aside.
  3. In a 12-inch skillet, fry the bacon until it is crisp. If you are using turkey bacon be sure to add the coconut oil to the pan. This is not really for cooking the bacon, but rather for the sauce that you will be making after. You want the oil to have the bacon flavor. When bacon is crisp, remove it to a plate. Crumble the bacon when cool.

4. Add the konjac noodles and/or zucchini to the skillet and toss to coat in the bacon fat. Continue stirring and cooking until the pasta is hot and the zucchini is cooked to your desired doneness. (You cannot over-cook the konjac noodles so don't worry about cooking them too long.)
5. Remove the skillet from the heat and pour the sauce into the pasta, stirring quickly until the sauce is hot, (this is done off the heat to ensure that the eggs do not scramble.) Thin out the sauce with a bit of hot water if you wish, until it reaches the desired consistency.
6. Add the crumbled bacon to the skillet and stir it into the pasta.

You can use all konjac noodles, all zucchini, or a mixture of the two in this dish. I used 2 bags of noodles and 2 zucchini.

You can use either the “green can” Parmesan or fresh grated. The green can kind does not really “melt” so the texture of the sauce is a little drier with the canned kind and a little creamier with the fresh. They both taste great.

Prepare the sauce first or while the bacon is frying to ensure that the noodles will be hot and ready when the sauce is finished; it is very important that the pasta is hot when adding the sauce, so the heat of the pasta cooks the raw eggs in the sauce.