



Categories: Family Friendly. Keto. Low Carb. Dairy Free.

Spaghetti Squash Bolognese courtesy of Intelligent Gourmet

Yield: 16 servings (190.5 g per serving)

Prep time: 15 minutes

Total time: 60 minutes

Ingredients

Fresh Rosemary sprig without stems | 1 long sprig

Onion, diced | 1 large

Garlic cloves | 8 cloves

Uncured, antibiotic free bacon | 12 oz

Carrots, diced | 10 oz

San Marzano tomato | 28 oz can

Tomato Paste | 3 oz (1/2 of the small 6 oz can)

Trader Joe's coconut cream | 12.5 oz can

Marinara | 1 cup

Dry White Wine | 1 cup

Coarse Sea Salt | 1 Tbsp

Spaghetti Squash | 1 medium (about 4 pounds)

Directions

Slice the spaghetti squash in half lengthwise so that two shallow halves remain. Scoop out the seeds and inner portion of the squash. Cut squash in quarters and boil for 35 minutes – until the flesh of the squash becomes translucent in color and the skin begins to soften and easily separate from the “noodles” that make up the inside.

Allow the squash to cool enough so that you can handle it, and then scoop the flesh out from the inside of the skin into a large serving bowl. Set aside until sauce is finished.

While the squash bakes: In a large skillet over medium-high heat, cook the bacon, reserving the fat and sauté the onions and carrots until onions become translucent. Add garlic that has been pulsed in chopper and fresh rosemary and cook for additional minute.

Add ground protein and bacon and cook until browned through. Once the meat is done, add white wine first then tomato sauces, stir, cook an additional 2 minutes to incorporate. Add the coconut cream and tomato paste and simmer over medium-low heat for 20-30 minutes or until the sauce is well combined and any alcohol is cooked out.

Add the sea salt and black pepper to taste, before removing the sauce from heat.

Serve over sauce over roasted spaghetti squash.

*Chef's Note: Both the sauce and squash can be cooked in advance and stored separately for a quick pull together dinner the week.

Macronutrient Breakdown

Calories: 197.4 kcal | Carbohydrates: 9 g | Protein: 8 g | Fat: 12.6 g | Sodium: 188.3 mg

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Nutrition Facts		
Serving Size: 1 serving		
Amount Per Serving	% Daily Value*	
Calories	197.4 kcal	10 %
Total Fat	12.6 g	19 %
Saturated Fat	8.1 g	40 %
Trans Fat	0 g	
Cholesterol	25.7 mg	9 %
Sodium	188.3 mg	8 %
Total Carbohydrate	11.7 g	4 %
Dietary Fiber	2.7 g	11 %
Sugars	6.5 g	
Protein	8.1 g	16 %
Vitamin A	68 % • Vitamin C	16 %
Calcium	5 % • Iron	9 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		



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