# Zucchini Carbonara

**By Mary Reilly**

**Servings: 2**

| Ingredients | Nutrient value per serving<br>Serving Size = 1 ½ c. |
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| 3 med. zucchini<br>2 slices lower-sodium bacon, cut into thin strips<br>1 small onion, peeled and thinly sliced<br>¼ t. salt<br>½ c. fat-free sour cream<br>1 T. water<br>1 t. black pepper<br>pinch red pepper flakes, optional | Exchanges ..... ½ milk<br>..... 1 ½ vegetable<br>..... 1 protein<br>..... ½ fat<br>Calories ..... 150<br>Calories from Fat ..... 25<br>Total Fat ..... 3 g<br>Saturated Fat ..... 0 g<br>Cholesterol ..... 15 mg<br>Sodium ..... 243 mg<br>Carbohydrate ..... 22 g<br>Fiber ..... 4 g<br>Sugar ..... 6 g<br>Protein ..... 8 g |
| **Instructions** | **Notes** |
| 1. Cut the stem and tip off the zucchini. Use a vegetable peeler to cut long, thin strips of zucchini. Continue until you reach the seed core, rotating the zucchini a quarter turn, and peeling and turning until you're left with just the core. Repeat with the other two zucchini. Finely chop the seed cores, and place them with the zoodles.<br>2. In a nonstick skillet over medium heat, cook the bacon and onion until the bacon is crisp. Drain off any fat left in the pan. Stir in the zoodles and salt, and cook, stirring gently, until they are warmed through and starting to soften, about 3-5 min. Stir in the sour cream, water, pepper and red pepper flakes, if using, to make a light sauce. | Prep and cook time: 20 min.<br><br>*GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form (flour, bread, stuffing, bran germ, malt, starch, etc.).*<br><br>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.<br><br>If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products. |