

Spicy Corn Carbonara with Zucchini Noodles

Diabetes-Friendly

Serves 4

Ingredients

- 3 large zucchinis, spiralized
- 1 cup fresh corn kernels (about 1 large ear)
- 1/2 cup red onion, finely diced
- 2 cloves garlic, minced
- 3 slices bacon, chopped
- 1 egg + 2 egg yolk
- 1/3 cup freshly grated parmesan cheese
- freshly cracked black pepper
- extra parmesan for serving

Instructions

1. Begin by layering the zucchini noodles between paper towels to drain while you prepare the rest of the ingredients.
2. In a small bowl, whisk together the egg and egg yolks, parmesan, and a few cracks of black pepper until smooth.
3. Heat a medium sized skillet over medium/high heat and add the bacon. Cook for 5-6 minutes until bacon is crispy and brown. Drain on paper towels. Reduce heat to medium and add the onion and garlic and corn. Sauté for 2-3 minutes, stirring frequently.
4. Add the zucchini noodles and raise to medium/high heat. Add a few cracks of black pepper. Cook for 2-3 minutes until zucchini noodles are warmed through. Remove pan from heat and quickly add the egg mixture, stirring and tossing the noodles in the sauce very quickly to prevent the eggs from scrambling. Toss for about 2 minutes until the creamy sauce forms.
5. Toss in half the bacon. Season to taste, sprinkle with remaining bacon and add more parm if you like!

Serving Size ~1 cup

Nutrition Facts	
Amount Per Serving	
Calories	205
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3.8g	19%
Trans Fat 0.1g	
Polyunsaturated Fat 1.8g	
Monounsaturated Fat 3.6g	
Cholesterol 154mg	51%
Sodium 324mg	14%
Total Carbohydrates 19g	7%
Dietary Fiber 3.6g	13%
Sugars 7.1g	
Protein 13g	
Vitamin D 0.8mcg	4%
Calcium 141mg	11%
Iron 1.7mg	9%
Potassium 828.2mg	18%
Caffeine 0mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

<https://wexnermedical.osu.edu/nutrition-services>

