



SIGN UP FOR UPDATES TO RECEIVE ONE WEEK FREE OF MY LOW CARB AND GLUTEN FREE MEAL PLANS:

ITALIAN SPAGHETTI SQUASH BREAKFAST CASSEROLE – LOW CARB, GLUTEN FREE, PALEO

Serves: 4 Servings

INGREDIENTS

- 1 large spaghetti squash, halved lengthwise and seeded
- 4 tbsp butter, ghee or bacon fat, divided
- sea salt and black pepper, to taste
- 1 cup onion, diced
- 2 cloves garlic, minced
- 1/2 tsp dried Italian seasoning
- 1/2 cup organic tomatoes, diced
- 3 oz Italian salami, thinly sliced
- 1/2 cup kalamata olives, halved
- 4 large pastured eggs
- a handful of Italian flat leaf parsley, rough chopped



INSTRUCTIONS

- 1 Preheat oven to 400° Place spaghetti squash halves cut side up on a rimmed baking sheet (<http://amzn.to/1QSnhRw>). Spread 1 tbsp of butter over top of each half. Sprinkle generously with sea salt and black pepper. Bake for 45 minutes to an hour or until tender.
- 2 While the spaghetti squash is baking, heat an ovenproof skillet (<http://amzn.to/1HiRmFg>) over medium-low heat. To the pan add the remaining 2 tbsp of butter. Once the butter is melted, add the onions, garlic, sea salt and pepper (to taste) to the pan.
- 3 Once the onions begin to caramelize, add the tomatoes and salami. Saute an additional 10 minutes and then mix in the kalamata olives.
- 4 Once the spaghetti squash is finished roasting, use a fork to scrape out the flesh from both halves. Mix the spaghetti squash in with the onion and salami mixture.
- 5 Use a large spoon to create 4 deep wells in the mixture. Crack an egg into each well.
- 6 Place the pan in the oven and bake until the whites of the eggs are cooked through.
- 7 Sprinkle fresh parsley over the top before serving.

by **Peace Love and Low Carb**