

Carbonara Style Pasta

Serves 4*

Ingredients:

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| 12 oz frozen zucchini noodles, defrosted, or favorite lower protein noodles | 2 teaspoons Italian seasoning |
| 1 cup Ragu [®] Alfredo (1g protein per serving) | 8 teaspoons dairy-free lower protein parmesan cheese alternative |
| 4 pieces sweet potato "bacon" sliced | Salt and pepper |
| 1 tablespoon butter | |

Instructions:

Heat a skillet over medium high heat. Add the butter and stir to melt.

Add the sliced sweet potato bacon and stir to evenly distribute in the pan. Allow to cook for 1-2 minutes until slightly browned. Add the Italian seasoning and stir. Add the alfredo sauce, stir and bring to a simmer. Once simmering, add the zucchini noodles, and stir well to combine. Continue to cook until heated through.

Transfer to a serving dish and top with dairy-free lower protein parmesan cheese alternative.

Kcal: 165

Protein: 3 g

* Nutritional information is per serving as calculated using Nutritionist Pro. All values are approximate based on availability of information at time of analysis.