



## BIRD'S NEST

Recipe developed by Chef Paige Vondran

	Ingredients	Exchanges
Protein	15 gm raw egg	1 (-1 gm fat)
	9.4 gm Romano cheese	1.7 (-0.85 gm fat)
	11.9 gm Louis Rich® turkey bacon, cooked	1 (-2.5 gm fat)
Fat	11.7 gm canola oil	4 (-4.35 gm)
	5 gm mayonnaise	1
Carbohydrate	18.3 gm spaghetti squash, cooked	1.3
Other	Salt, garlic powder, and pepper	

### DIRECTIONS

- Preheat the oven to 350°F.
- Pat the cooked spaghetti squash with a paper towel to absorb excess moisture.
- Chop the turkey bacon on a cutting board.
- In a small bowl, combine all of the ingredients together.
- Stir until well mixed.
- Season to taste with salt, pepper, and garlic powder.
- Cover a baking sheet with parchment paper.
- Scoop mixture onto the parchment paper forming small mounds.
- Bake in the preheated oven for 35-40 minutes until firm and golden.
- Allow to slightly cool before removing.
- Can be served warm or chilled.

### VARIATIONS

- This recipe can be frozen for up to 2 months in an airtight sealed storage bag.
- Turkey bacon can be substituted with any other animal protein, or additional cheese.
- Romano cheese can be substituted with other cheeses such as asiago, parmesan, or Gouda.
- Other dry seasonings can be used such as paprika, dry mustard, or cayenne pepper.
- Egg Beaters® can be used as a substitute for regular whole eggs.