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Healthy Spaghetti Carbonara

By Cindy Newland

This Healthy Spaghetti Carbonara is a delicious low calorie version of the typical fat laden one. It's loaded with smoky marinated mushrooms, so you will never miss the bacon, egg and cheese or the calories!

Servings 2

Ingredients

- 1/3 cup soy sauce or liquid aminos
- 3 Tbsp maple syrup
- 3 Tbsp apple cider vinegar
- 1 Tbsp liquid smoke
- 1 lb mushrooms, sliced
- 1 Tbsp olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, chopped
- 1 cup almond milk, unsweetened
- 2 Tbsp nutritional yeast
- 1 Tbsp cornstarch
- 4 cups zoodles (zucchini noodles) or 1/2 lb pasta





- 1 Tbsp parsley
- 1 tsp red pepper flakes
- 1/2 tsp white or black pepper

Instructions

1. Combine amino acids, maple syrup, vinegar and liquid smoke together in a container. Add sliced mushrooms and toss to coat. Marinate for 30 minutes or longer, tossing occasionally.
2. Be sure to reserve 1 Tbsp of marinade for sauce.
3. While mushrooms marinate, cut your zoodles or boil pasta according to package directions. If using pasta, toss with a little olive oil and return to pot until ready to use.
4. Place olive oil in a large skillet over medium heat. Sauté onion for approximately 3 or 4 minutes, then add garlic and cook for another 2 minutes. Then add mushrooms and continue sautéing for 2 more minutes. Stirring frequently.
5. Stir almond milk, nutritional yeast, 1 Tbsp of marinade and cornstarch together to create a slurry. Add the slurry to mushroom mixture and stir continuously until it thickens.
6. Toss in zoodles or pasta, parsley, red pepper flakes and pepper. Enjoy!



About the author...

Hi! I'm **Cindy Newland**. I'm a writer, health coach, animal lover, author of [Small Bites, Big Results: A Common Sense Guide to Weight Loss](#), and don't tell anyone, but I have been known to binge watch Andy Griffith.

Fifteen years ago, I was obese and weighed nearly 300 pounds. After experiencing an excruciating back injury that immobilized me for over a month, I reached a turning point. I started moving more (you'll notice I don't like calling it exercise), eating healthier, and praying big time. My blog is about healthy recipes, cookies, and moving more. www.intentionallyeat.com

