

RECIPE

Low-Carb Spaghetti in Tomato Cream Sauce

Even my husband enjoyed this!

Ready in **20 minutes**

Serves **2 people**

Ingredients

- 1 package of Miracle Noodle Angel Hair
- 1 T. olive oil or unsalted butter
- 2 T. minced yellow onion
- 1 clove garlic
- ¼ cup heavy whipping cream
- 7 ounces diced tomatoes with juice
- 2 T. grated Parmesan cheese
- 1 t. Italian seasoning
- Salt and pepper to taste
- Fresh chopped parsley, for garnish

Preparation

1. Prepared Miracle Rice according to the package. I put my rinsed noodles in a pot of boiling salted water, per Dr. Gundry.
2. Set aside
3. Meanwhile, melt oil/butter in a large skillet over medium heat and saute onion and garlic until onion is translucent.
4. Reduce heat to low and add tomatoes, Italian seasoning, and cook for 2 - 3 minutes.
5. Add cream, Parmesan cheese, and continue to cook until sauce is reduced and thickened, about 5 - 7 minutes
6. Add salt and pepper to taste
7. Mix in pasta until evenly coated.
8. Serve immediately.
9. Top with additional Parmesan cheese and fresh parsley

Tips

Works well with halibut, too!