

Bacon & Egg Stuffed Pattypan Squash

Hands-on 20 minutes Overall 45 minutes

Nutritional values (per serving): Total carbs: 10.7 g, Fiber: 2.7 g, **Net carbs: 8 g**,

Protein: 19.9 g, Fat: 31.4 g, Calories: 401 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

4 medium pattypan squash *or* gem squash *or* round zucchini (800 g/ 1.76 lb/ 28.2 oz)

2 cloves garlic

1 small white onion (70 g/ 2.5 oz)

1/4 cup ghee *or* lard, you can make your own ghee (55 g/ 1.9 oz)

4 large slices bacon, sliced (120 g/ 4.2 oz)

3 oz parmesan cheese, grated (85 g)

4 medium eggs

salt and pepper to taste (I like pink Himalayan salt)

Note: When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 175 °C/ 350 °F. Start by preparing the pattypan squash. Cut the tops off. Scoop the flesh out using a mellon baller or a spoon leaving a shell about 1/2 inch (1 cm) thick. Place the scooped flesh into a bowl and set aside.
2. Brush the squash and tops with about a tablespoon of melted ghee. Place on a baking sheet and transfer into the oven for 20 minutes or until fork-tender.
3. Peel and dice the onion and garlic. Place in a hot pan greased with the remaining ghee and cook over a medium-high heat until fragrant and lightly browned (about 5 minutes). Then, add sliced bacon and cook for another 5-8 minutes of until crisped up. Stir frequently to prevent burning.
4. Meanwhile, remove any large seeds from the squash flesh - soft seeds are fine. You can use them for snacking and roast them just like pumpkin seeds.
5. When the bacon is crisped up, add the squash flesh and mix well. Cook for about 5 minutes and set aside.
6. Finely grate the Parmesan cheese.

7. Add to the pan with cooked squash. Season with salt and pepper to taste and mix until well combined.
8. Spoon the cooked squash, bacon and parmesan mixture into each of the pattypan squash shells. Crack an egg inside each and transfer into the oven. I used medium eggs because large eggs may not fit in the squash and spill over.
9. Cook for about 20 minutes or until the egg white is opaque and the egg yolk still runny. Enjoy with a side of crispy greens!

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