

Spaghetti Squash Chow Mein

For those having cravings for Chinese food, this recipe will allow you to stay within your guidelines and get in more vegetables. Add some chicken or shrimp to bump up the protein level!

Ingredients:

- 1 large spaghetti squash
- 1/4 cup soy sauce
- 3 cloves garlic, minced
- 1 tablespoon brown sugar, packed
- 2 teaspoons freshly grated ginger
- 1/4 teaspoon white pepper
- 2 tablespoons olive oil
- 1 onion, diced
- 3 stalks celery, sliced diagonally
- 2 cups cole slaw mix (shredded cabbage and carrots)



Directions:

Cut a spaghetti squash in half length wise and scoop out seeds. Lay skin side up in a 13 x 9 pyrex and pour 1/2 inch of water in the bottom of the pan. Bake at 400 degrees for 30-40 minutes, until flesh is very tender. Once done, scoop out flesh with a fork so it breaks apart into strings, set aside.

In a small bowl, whisk together soy sauce, garlic, brown sugar, ginger and white pepper; set aside.

Heat olive oil in a large skillet over medium high heat. Add onion and celery, and cook, stirring often, until tender, about 3-4 minutes. Stir in cabbage until heated through, about 1 minute.

Stir in spaghetti squash and soy sauce mixture until well combined, about 2 minutes. Optional...mix in some stir fried chicken or shrimp to increase the protein.

Serve immediately.