

Pad Thai with Spaghetti Squash

Traditional Pad Thai can be loaded with carbohydrates which can bump up glucose and insulin levels. This spin on the traditional dish is just as tasty but will keep your blood sugar stable.

Do not let the ingredient list for this Pad Thai intimidate you.. It is easy and the recipe comes together quickly with a little prep. To make it easier, have all of the ingredients measured out and ready to go.

Spaghetti Squash Pad Thai

- **Pad Thai Sauce**

- ½ cup coconut aminos
- 3 T full fat unsweetened coconut milk
- 2 T cashew butter
- 1 T rice vinegar
- 1 in piece peeled ginger
- 1 Thai chili or serrano pepper
- 3 garlic cloves
- 1 t fish sauce
- 1 t toasted sesame oil

- **Noodles and Stir Fry**

- 1 lb chicken thighs cut into 1 in cubes
[Can substitute shrimp or tofu]
- 2 T arrowroot starch
- 2 T avocado oil
- ½ cup thinly sliced red onions
- 2 Large eggs, beaten
- 1 cup shredded carrots
- 1/2 cup shelled edamame
- 4 green onions cut into 1 inch pieces

- 4 cups of spaghetti squash

Toppings to Serve

- 1 C mung bean sprouts
- ¼ cup basil cut into thin strips
- ¼ cup cilantro leaves
- ½ cup of seasoned cashews
- 2 limes cut into wedges
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Seasoned Cashews

- 1 cup raw cashews
- ½ t Himalayan salt
- 1 t chili powder
- 1 T organic coconut oil

1. First make the Pad Thai Sauce.

Combine all ingredients in a food processor or high-speed blender and blend until smooth.

2. Prepare seasoned cashews by combining all ingredients then toasting in the oven at 350 for 10-12 min.

For stir fry first combine chicken pieces with arrowroot starch in a food bag or bowl and mix well to cover. In a large skillet or wok. Heat oil and cook chicken until golden brown. Transfer chicken to a plate lined with paper towels. Reduce heat and add red onion and cook for 3 minutes or until tender. Push cooked onions to the side and add beaten egg to the center of the pan. Cook egg, mix in onion then break up into pieces. (Mix in onion while egg cooking). Return chicken to the pan and add pad Thai sauce. Cook until the sauce thickens (about 3 minutes) Reduce heat and add squash, carrots, edamame, and green onions. Mix well into sauce. Add mung bean sprouts and mix well. Remove from heat and separate into serving bowls. Top each with cilantro, basil, seasoned cashews and lime wedges.

To prepare Spaghetti Squash

Baked Spaghetti Squash

Preheat the oven to 350 degrees. Bake squash for an hour. Slice the cooked squash in half once cooled slightly. Scrape out seeds and discard. Drag a fork or scored tongs over flesh pulling the strands apart and place into a bowl. Toss with one of the pesto or use as noodles in any recipe.