



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Pad Thai Spaghetti Squash***

#### **Ingredients:**

- 1 medium (2.5-lb) spaghetti squash
- 1 Tbsp olive oil
- 1/2 cup scallions, chopped
- 2 carrots, finely diced
- 1 zucchini, finely diced
- 1/2 cup mushrooms, chopped
- 1 clove garlic, minced
- 1/2 tsp ground ginger
- 2 Tbsp prepared Pad Thai sauce
- 8 oz cooked shrimp, peeled and tail-off
- 1/4 cup chopped cilantro

Serves 4

*170 calories, 4.5 g fat, 0.7 g saturated fat,  
19 g carbohydrate, 4 g fiber, 16 g protein,  
230 mg sodium*

*Source: American Diabetes Association*

#### **Directions:**

1. Cut spaghetti squash in half length-wise and remove seeds. Place squash in a microwave-safe baking dish, cut side down. Cover loosely with a lid and leave room to vent. Microwave for 10-15 minutes, rotating every 5 minutes. Squash is done when it's soft to touch. Set aside.
2. Heat olive oil in a large sauté pan over medium-high heat. Add scallions, carrots, zucchini and mushrooms and sauté for 5-7 minutes. Add garlic and sauté for 30 seconds. Add ginger and Pad Thai sauce and heat for 2 minutes. Mix well.
3. Use a fork to scoop out spaghetti squash. Add the spaghetti squash "noodles" and shrimp to the pan with vegetables. Heat for another 2 minutes and mix well. Top with chopped cilantro.

