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Spaghetti Squash Yakisoba Style

Serves: 2-4

Time: 36 minutes

Ingredients

- 1 ½ pound (680 gm) spaghetti squash
- 1 small onion (finely chopped)
- 10 shitake or button mushrooms
- 2 stalks scallions (finely chopped)
- 1 cup (250 mL) coleslaw mix of carrots and cabbage
- 1 tablespoon (15 mL) vegetable oil or other neutral oil
- 1 teaspoon (5 mL) dried red chili flakes
- 1 tablespoon (15 mL) sesame seeds

Sauce

- 2 tablespoons (30 mL) soy sauce*
- 2 tablespoons (30 mL) dark soy sauce*

Directions

Slice the spaghetti squash in half, lengthwise. Scoop out the seeds with a spoon and discard.

Place spaghetti squash on a microwave plate or other microwave safe container. Place the cut side down (skin facing up). Microwave on high for 10 minutes.

Take the spaghetti squash out of the microwave and shred with a fork. If the squash is still hard, microwave for another 2-3 minutes, or until tender.

Use a fork and scrape the flesh into strings.

In a large pan over high heat, add vegetable oil and onions. Cook for 3 minutes or until onions are soft. Add coleslaw mix and red chili and cook for 2 minutes. Add shitake mushrooms and cook for another 2 minutes.

Add spaghetti squash, scallions, and sauce, and mix well until the sauce has evenly coated all the vegetables. Cook for 2 minutes and turn the heat off.



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- ½ tablespoon (7mL) granulated sugar
- Salt and white pepper to taste

* Substitute dark with additional regular or reduced-sodium soy sauce. Add a dash sugar or brown sugar to mimic sweetness of dark soy sauce.

Transfer to a bowl. Top with sesame seeds and serve.

Note: This Spaghetti Squash Yakisoba will keep in the fridge for up to 2 days. Click link below for nutritional content per serving.

Use reduced-sodium soy sauce to decrease saltiness of the dish or to control dietary sodium.

Recipe & Photo Source: [Caroline Caron-Phelps, Pickled Plum](https://pickledplum.com/yakisoba-spaghetti-squash-recipe/)



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