

## Spaghetti Squash Pad Thai (serves 3-4)

### Ingredients:

- 4 tablespoons coconut oil, separated
- 1 small spaghetti squash, roasted
- 1 red bell pepper, cut into matchsticks
- 1 jalapeno, seeded and chopped
- 1-1/2 cup grated carrot
- 3 cloves garlic, minced
- ½ pound shrimp, peeled and deveined
- 2 tablespoons raw cashews, chopped

### Cashew Ginger Sauce:

- 2 tablespoons cashew butter
  - 2 tablespoons lime juice
  - 2 tablespoons liquid aminos (or low-sodium soy sauce)
  - 1 tablespoon pure maple syrup or agave nectar
  - 1 tablespoon red chili sauce (such as sriracha)
  - 1 tablespoon fresh ginger, peeled and grated
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- Preheat the oven to 400 degrees F. Chop the tip and tail off of the spaghetti squash cut in half lengthwise. Remove the seeds and innards with a spoon. Drizzle 1 tablespoon of coconut oil or olive oil over each half and rub into the flesh so that the whole surface is coated. Sprinkle with salt and pepper and place cut-side down on a large baking sheet. Bake for 45 to 55 minutes, until spaghetti squash strings release easily when scraped with a fork. Allow squash to cool before using a fork to scrape from one end of the squash to the other, releasing spaghetti strings. Repeat with other half of the squash
  - Add all of the ingredients for the sauce to a small blender and blend until smooth.
  - Heat 2 tablespoons of coconut oil in a medium-sized non-stick skillet over medium heat. Add the bell pepper and jalapeno and sauté, stirring occasionally for 3 minutes.
  - Add grated carrot and garlic and sauté until bell pepper has softened but is still al dente, about 3 to 5 minutes.
  - Move the vegetables over to one side of the skillet and add the raw shrimp. Cook about 1 to 2 minutes, flip and cook an additional 1 to 2 minutes until shrimp is plump, pink, and cooked through.
  - Add the cashew-ginger sauce and cook an additional 2 to 3 minutes. Add spaghetti squash and stir everything together until everything is coated in the sauce.
  - Serve with fresh chopped basil or cilantro and raw cashews.