

# Spaghetti Squash Chow Mein

4 SERVINGS 1 HOUR 30 MINUTES



## INGREDIENTS

- 1 Spaghetti Squash
- 2 tbsps Sesame Oil
- 1 Yellow Onion (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 4 cups Coleslaw Mix
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Coconut Aminos

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 02 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 03 In a separate pan, melt the coconut oil and brown the ground chicken.
- 04 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

## NOTES

### NO COCONUT AMINOS

Use tamari instead.

### VEGAN AND VEGETARIAN

Replace the ground chicken with scrambled eggs or tofu.

### LIKES IT SPICY

Serve with hot sauce.

### LEFTOVERS

Refrigerate up to 3 days.