

Are You In?

Thai Peanut Spaghetti Squash

Ingredients

- 1 large spaghetti squash
- 1/2 cup peanut butter
- 1 cup canned light coconut milk, plus more if needed
- 2 garlic cloves
- 1½ tsp ground ginger
- 1 tbsp soy sauce
- 1½ tsp rice vinegar
- 1 head broccoli, cut into bite-sized florets and steamed
- 2 bunches Swiss chard, roughly chopped and steamed
- 1 cup cooked edamame
- 1 bunch green onions, chopped, for garnish
- 1/2 cup chopped peanuts, for garnish

Directions

1. Roast squash and pull strands with fork. Place in bowl.
2. Place the peanut butter, coconut milk, garlic, ginger, soy sauce and rice vinegar in a blender, and blend on high speed until completely smooth; add a little more coconut milk if a thinner consistency is desired.
3. Mix the squash with the cooked broccoli, Swiss chard and edamame.
4. Drizzle with the peanut sauce and sprinkle with the green onions and peanuts.

Original recipe source: www.health.clevelandclinic.org