

Spaghetti Squash Stir Fry with Tahini Sauce

Number of Servings: 4

Prep Time: 30 minutes

Cook Time: 60 minutes

Ingredients

1 large spaghetti squash, halved and seeded

1 tbsp sesame oil

1 onion, sliced

3 cloves garlic, minced

8 cremini mushrooms, sliced

1 large carrot, shredded

1 stalk celery, diced

2 cups cauliflower, chopped

2 cups broccoli, chopped

2 green onions, chopped

1 tbsp sesame oil

Tahini Sauce

1/4 cup tahini

1/2 cup water

2 tbsp soy sauce

2 tbsp maple syrup

1 tsp garlic powder

1 tsp onion powder

1/2 tsp ginger powder

pepper

hot sauce

Instructions

Place the halved and seeded squash cut side down on a baking sheet, roast for 40-50 minutes at 450F.

While the squash is cooking, chop vegetables and make the tahini sauce. Whisk together ingredients for sauce and adjust to taste.

When the squash is almost done, start cooking oil, onions, garlic, mushrooms in a large wok or frying pan. Cook for 5 minutes, then add celery and cauliflower, with some water, cover and steam for 5-10 minutes while squash finished.

When the vegetables are cooked, use forks to scrape out the squash and add to the vegetables along with the sauce. Cook until heated through, serve and eat.