

30 Minute Spaghetti Squash Chow Mein

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/spaghetti-squash-chinese-recipe-bag-of-cabbage>

Ingredients:

- 3 tablespoons soy sauce
- 2 tablespoons toasted sesame oil
- 1/2 tablespoon honey
- 2 tablespoons lime juice about 1 lime
- 1 1/2 tablespoons sambal chile paste optional, depending on how spicy you like it
- 1 tablespoon olive oil
- 3 cloves garlic minced
- ginger thumb-sized piece, grated
- 6 ounces coleslaw mix
- cabbage
- carrots
- vegetables
- 1/4 head purple cabbage or just use the whole bag of coleslaw mix; this is flexible
- 1 bag bean sprouts 275 grams
- 1 spaghetti squash roasted, but firm*
- green onions optional
- cilantro optional
- chow mein noodles optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 29 grams
3. Fat: 9 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 590 milligrams

8. Sugar: 5 grams

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