

Yakisoba Spaghetti Squash

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 small spaghetti squash (about 1½ pounds)
- ½ cup white onion, diced
- 2 cups shiitake mushrooms, sliced
- 2 scallions, finely chopped
- 1 cup coleslaw mix of carrots and cabbage
- 1 tablespoon canola oil

For the sauce:

- ¼ cup reduced sodium tamari or soy sauce
- 3 tablespoons vegan worchestershire sauce
- 2 teaspoons rice vinegar
- ½ teaspoon white pepper

Directions

1. Preheat oven to 400°F. Cut spaghetti squash in half and scoop out the seeds with a spoon. Brush with olive oil and roast on a baking sheet, cut side down, for 35-45 minutes, or until tender. Set aside to cool.
2. Mix sauce ingredients in a small bowl and set aside.
3. In a large wok or skillet, heat oil over medium-high heat. Add onion and cook until it begins to brown and become translucent, about 5 minutes, stirring occasionally. Add coleslaw mix and cook for 2 minutes. Add shiitake mushrooms and cook for 2 minutes.
4. Use a fork or metal spoon to scrape the flesh into strands. Add spaghetti squash to the pan, along with green onions and sauce, and stir until sauce is evenly distributed.

Note

Allergen note: If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not, and Worcestershire sauce may or may not contain gluten. Worcestershire sauce typically contains anchovies, so use a vegan version if you need the meal to be vegetarian/vegan or fish-free.

Recipe as pictured includes tofu. To prepare this way, press and drain 1 container of firm tofu. Cook in a little extra oil until sides begin to brown, then proceed with the step 3. Another option is to add edamame or your choice of protein.

Recipe from [Fall/Winter Seasonal Veggies, Fall 2016](#)