

Spicy Asian Spaghetti Squash

written by The Recipe Exchange | September 9, 2015

Ingredients

1 medium spaghetti squash
1 tsp. olive oil and cooking spray
1/2 onion, minced
2-3 garlic cloves, minced
2 cups spinach
1 package Gimme Lean sausage crumbles (14 oz.)
2 tbsp. Sriracha
2 tbsp. Hoisin sauce

Directions

First you will need to cook your spaghetti squash. The easiest way to cook it is in the microwave. Lately my favorite way to do it is to just stab a bunch of holes in the squash, like you are cooking a potato and then throw the whole thing in the microwave for 10 minutes. It should be soft when you take it out.

In a saute pan over medium heat, warm the olive oil. Spray with cooking spray and add the onions and garlic. Cook for five minutes or until it becomes fragrant and begins to soften. Stir in the spinach and cook for 2 minutes more.

Add the vegetarian crumbles and cook for about 5 minutes, breaking it up as it cooks, until cooked through and slightly browned.

Add the sriracha and hoisin sauce and stir together. Let hang out and simmer for 2 minutes.

Stir in the spaghetti squash and serve.