



# Thai Spaghetti Squash

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## Ingredients:

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- 1 medium spaghetti squash
- cooking spray
- 1 cup dry roasted sunbutter (or peanut butter if no allergies)
- 1/3 cup water
- 2 cloves garlic, minced
- 1/2 tsp. soy sauce
- 2 tsp. sesame oil
- 1 Tbsp agave nectar (or honey)
- 2 Tbsp. curry sauce
- 2 Tbsp. lime juice
- 1/2 tsp. cayenne pepper
- 1/3 cup coconut milk
- Cilantro for garnish

## Directions:

1. Cut squash in half and cook face down in sprayed baking dish for 40 minutes, or cook in microwave for 15 minutes until cooked through.
2. Place all remaining ingredients in a blender or food processor. Blend or process until sauce is smooth. If you prefer a runnier sauce, add a little more water or coconut milk.
3. Do a taste test, adding more soy sauce if not salty enough, or more cayenne if not spicy enough. If too salty, add a squeeze of fresh lime juice.
4. Scrape the squash out of the rind into a serving bowl. Pour sauce over the top, garnish with cilantro, and serve.