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Our Heart "Beets" Plant Strong

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Spaghetti Squash Pad Thai and Sweet Chili Sauce

Ingredients:

- 3 tablespoons of PB powder
- 1 lime juiced
- 1 tablespoon low sodium tamari
- 2 tablespoons coconut aminos
- 1 teaspoon vegan Worcestershire sauce
- 3 tablespoons maple syrup
- 1 Thai chill pepper or jalapeño
- ½ tablespoon of siracha as substitute
- 1 teaspoon minced ginger
- 2 -4 minced garlic cloves
- Finely chopped red pepper slices, Napa cabbage, carrots

Sauce:

1. Blend/mix Pb powder, lime juice, spices, tamari, aminos, Worcestershire sauce until smooth to make the sweet chili sauce
2. Cut the spaghetti squash in half and bake at 375°F for 35-40 minutes. Prick the outside of the squash with fork – if able to penetrate easily, then the squash is ready
3. Scoop out inside of squash and toss the squash with sautéed cabbage, carrots and peppers
4. Toss all vegetables with the sweet chili sauce above sauce

Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 88	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 397 mg	17 %
Potassium 67 mg	2 %
Total Carbohydrate 16 g	5 %
Dietary Fiber 1 g	5 %
Sugars 13 g	
Protein 3 g	7 %
Vitamin A	1 %
Vitamin C	4 %
Calcium	18 %
Iron	3 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

**Nutrition Facts for sauce only*