



## Spaghetti Squash “Ramen Noodle” Bowl

**Servings: 4**

### **Ingredients**

- 1 medium (2.5-lb) spaghetti squash
- 4 cups low-sodium chicken broth
- 2 Tablespoons reduced-sodium soy sauce
- 1 Tablespoon toasted sesame oil
- 1 teaspoon (or more to taste) Asian style hot sauce (such as sambal oelek)
- 2 cups shredded cooked chicken
- 1/2 cup thinly sliced scallions, white and green parts
- 1/2 cup thinly sliced red bell pepper strips (1-inch-long)
- 1 lime, quartered

### **Directions**

1. Preheat oven to 400° F. Fill a 9x13-inch glass or metal baking dish with 2 inches of water. Cut the ends off the spaghetti squash then cut in half lengthwise. Place the squash cut side down in the pan and bake for 40 minutes. Remove from oven and remove the squash immediately from the pan. Scoop out the seeds and discard. Using a fork, scrape the squash out of the skin and set aside. Makes 4 cups cooked squash.
2. While the squash is cooking, in a medium saucepan, heat the broth over medium heat until simmering. Add the soy sauce, sesame oil, and hot sauce. Simmer for 2 minutes. Add the chicken and heat through, 2 minutes.
3. Place 1 cup of squash in a soup bowl or mason jar. Pour 1 cup of broth over the squash and add 1/2 cup of chicken. Top with 2 Tablespoons scallions and ¼ of the bell pepper strips and 1 lime quarter.
4. Repeat process for remaining three bowls.