

## [Spaghetti Squash & Pork Stir-Fry](#)

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By Jessie Price Updated on April 22, 2024

Cook Time: 30 minutes

Additional Time: 1 hour

Total Time: 1 hour 30 minutes

Servings: 4

### **Ingredients**

1 3-pound spaghetti squash

1 pound pork tenderloin, trimmed

2 teaspoons toasted sesame oil

5 medium scallions, thinly sliced

2 cloves garlic, minced

1 tablespoon minced fresh ginger

½ teaspoon salt

2 tablespoons reduced-sodium soy sauce

2 tablespoons rice vinegar

1 teaspoon Asian red chile sauce, such as sriracha, or chile oil

### **Directions**

1. Preheat oven to 350 degrees F.
2. Cut squash in half. Scoop out and discard seeds. Place each half, cut-side down, on a baking sheet. Bake until the squash is tender, about 1 hour. Let cool for 10 minutes then shred the flesh with a fork into a bowl. Discard the shell.
3. Slice pork into thin rounds; cut each round into matchsticks.
4. Heat a large wok over medium-high heat. Swirl in oil, then add scallions, garlic, ginger and salt; cook, stirring, until fragrant, 30 seconds. Add the pork; cook, stirring constantly, until just cooked through, 2 to 3 minutes. Add the squash threads and cook, stirring, for 1 minute. Add soy sauce, rice vinegar and chile sauce (or chile oil); cook, stirring constantly, until aromatic, about 30 seconds.

***"Tips - Make Ahead Tip: Prepare the squash (Steps 1 & 2), cover and refrigerate for up to 2 days.***

***Cut Down on Dishes: A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.***

***People with celiac disease or gluten-sensitivity should use soy sauces that are labeled "gluten-free," as soy sauce may contain wheat or other gluten-containing sweeteners and flavors.***