

# Fitness Friendly Pad Thai

1. Preheat oven to 375 degrees. Prick squash on all sides with a fork and roast for one hour on a rimmed baking sheet.
2. Whisk together lime juice, vinegar, fish sauce, sugar, jalapeño and water in a small sauce pan. Bring to a simmer, and then keep warm over low heat, whisking occasionally.
3. Heat coconut oil in a large skillet over med-high heat. Cook tofu or chicken until lightly browned. Add cabbage and stir-fry for 1-2 minutes. Reduce heat to low and pour in eggs. Let sit for about 30 seconds, and then stir constantly until eggs are completely cooked (about 2 minutes). Turn off heat.
4. Halve squash and scoop out seeds. Using a fork, scrape squash out of skin into a large bowl. Gently untangle the strands with the fork. Transfer all the squash into the skillet and fold into the egg mixture. Drizzle with the sauce. Garnish with peanuts and cilantro.

Servings Per Recipe: 4

PER SERVING (with tofu): 343 cal., 20 g total fat (4 g sat. fat), 707 mg sodium, 25 g carb. (5 g fiber), 20 g pro.