

Low-Glycemic Cashew Satay Zucchini Noodle Stir-Fry

A vibrant 20-minute stir-fry featuring spiralized zucchini in creamy cashew satay sauce. Blood sugar-friendly with fiber-rich vegetables and healthy fats.

Prep: 15 min

Cook: 10 min

Total: 25 min

Servings: 3

GL 3.8 / GI 22

Ingredients

spiralized; press out excess water zucchini and/or yellow squash, spiralized into noodles

Napa cabbage, chopped

red or green onion, chopped

sesame oil

creamy cashew or almond butter

red chili flakes

tamari or coconut aminos

optional; omit for lower glycemic impact agave nectar

garlic, minced

five spice Asian seasoning

dash sea salt

to taste black pepper

optional topping; choose gluten-free Asian chili sauce

Instructions

Step 1

Using a spiralizer, transform the zucchini and yellow squash into noodle-like strands. Place the spiralized vegetables between layers of paper towels and gently press to remove excess moisture, which prevents a watery final dish. Set the prepared noodles aside while you prep the remaining ingredients.

Step 2

Prepare your vegetables by finely chopping the Napa cabbage into bite-sized pieces and dicing the red or green onion. Mince the garlic cloves. Having all ingredients prepped before cooking ensures the stir-fry comes together quickly without overcooking the delicate zucchini noodles.

Step 3

In a large wok or deep skillet over medium heat, combine the cashew butter (measured level, not heaping, to control calories and fat content), sesame oil, unsweetened tamari, minced garlic, and red chili flakes. Stir continuously as the mixture warms and the nut butter melts into a smooth, fragrant sauce. This should take about 1-2 minutes. The healthy fats in this sauce help slow glucose absorption.

Step 4

Add the chopped onion and Napa cabbage to the sauce. Increase heat to medium-high and stir-fry for 1-2 minutes until the cabbage begins to soften slightly but retains its crunch. These fiber-rich vegetables provide bulk and nutrients without impacting blood sugar.

Step 5

Add the spiralized zucchini noodles to the wok along with the five spice powder, sea salt, and black pepper. Toss everything together vigorously for 2-3 minutes, ensuring the noodles are evenly coated with the satay sauce. Cook just until the zucchini is tender but still has a slight bite to avoid mushiness.

Step 6

If using a low-glycemic sweetener for a touch of sweetness, sprinkle the monk fruit sweetener or allulose over the stir-fry now and toss to combine. Note: Avoid agave nectar as it has a high glycemic index of approximately 65, which can spike blood sugar. For optimal blood sugar control, consider omitting sweetener entirely as the natural sweetness from the vegetables and richness of the nut butter provide plenty of flavor.

Step 7

Remove the stir-fry from heat immediately once the vegetables are tender-crisp. Divide among serving bowls and garnish with additional red chili flakes, fresh cilantro, sliced green onions, or a squeeze of lime juice if desired. For those who enjoy extra heat, drizzle with sugar-free Asian chili sauce.

Step 8

For a complete low-glycemic meal, pair this vegetable stir-fry with grilled chicken, beef, shrimp, or firm tofu. The added protein further stabilizes blood sugar response. Store leftovers in an airtight container in the refrigerator for up to 4 days, though the texture is best when freshly prepared.