

Low-Glycemic Spiralized Vegetable Stir-Fry with Cashew Sauce

A vibrant 20-minute stir-fry featuring spiralized zucchini noodles in a creamy cashew sauce. Perfect for blood sugar balance with low-GI vegetables and healthy fats.

Prep: 15 min

Cook: 10 min

Total: 25 min

Servings: 3

GL 3.7 / GI 22

Ingredients

Low GI vegetable, excellent for blood sugar control zucchini and/or yellow squash, spiralized into noodles

High fiber, low GI cruciferous vegetable Napa cabbage, chopped

Low GI, adds flavor without spiking blood sugar red or green onion, chopped

Healthy fat that slows glucose absorption sesame oil

Provides protein and healthy fats for glycemic control creamy cashew or almond butter

May boost metabolism, no glycemic impact red chili flakes

Gluten-free soy sauce, minimal carbs tamari or coconut aminos

Optional - has moderate GI of 15, use sparingly or omit agave nectar

Low GI, supports metabolic health garlic, minced

No glycemic impact, adds depth five spice Asian seasoning

Dash, to taste sea salt

To taste, no glycemic impact black pepper

Optional topping, check labels for added sugars Asian chili sauce, gluten-free

Instructions

Step 1

Using a spiralizer, transform the zucchini and yellow squash into noodle-like strands. Place the spiralized vegetables on paper towels and gently press to remove excess moisture, which prevents a watery stir-fry and helps maintain the best texture.

Step 2

Prepare your vegetables by chopping the Napa cabbage into bite-sized pieces and dicing the red or green onion. Mince the garlic cloves finely. Set these aside in separate bowls for easy access during cooking.

Step 3

In a small bowl, whisk together the cashew butter, tamari, minced garlic, red chili flakes, five spice seasoning, and monk fruit sweetener or allulose. This creates your satay-style sauce base. If the nut butter is thick, you can thin it slightly with a teaspoon of water to achieve a pourable consistency.

Step 4

Heat a large wok or skillet over medium-high heat and add the sesame oil. Once shimmering, pour in your prepared sauce mixture and stir constantly for 30-45 seconds until it becomes fragrant and slightly loosened.

Step 5

Add the chopped onion and Napa cabbage to the wok. Stir-fry for 2-3 minutes until the cabbage begins to soften and the onion becomes translucent. For optimal blood sugar control, you can eat some of these fiber-rich vegetables first before adding the zucchini noodles.

Step 6

Add the spiralized zucchini noodles to the wok along with the sea salt and black pepper. Toss everything together vigorously for 2-3 minutes, ensuring the noodles are well-coated with the cashew sauce but still maintain a slight crunch. Avoid overcooking to prevent sogginess.

Step 7

Remove from heat immediately once the vegetables are tender-crisp and evenly coated. Serve hot in three equal portions of approximately 2 cups each. Garnish with additional red chili flakes, fresh cilantro, sliced green onions, or a drizzle of Asian chili sauce if desired. For a complete low-glycemic meal, top with grilled chicken, shrimp, or tofu to add protein that further stabilizes blood sugar levels.