



Spicy Shrimp with Broccoli

Serving Size: 1 1/4 cup

Yield: 4 servings

Ingredients:

- 1/4 teaspoon crushed red pepper
- 3 scallions cut in 1 inch pieces
- 1 teaspoon minced garlic, jarred or 1 medium garlic clove
- 3/4 pound large shrimp (about 30 per pound), peeled, deveined
- 1 package frozen broccoli florets
- 1/2 package frozen bell pepper strips
- 3 tablespoons orange juice
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon seasoned rice vinegar
- 3/4 teaspoon cornstarch dissolved in 1 1/2 teaspoons water
- 1 teaspoon toasted sesame oil



Directions:

1. Spray large nonstick wok or skillet with cooking spray and set over medium-high heat. Add red pepper and sauté about 10 seconds.
2. Add scallions, garlic and ginger; stir-fry until softened, about 30 seconds. Stir in shrimp; stir-fry until pink, about 1 minute.
3. Add broccoli and pepper strips. Stir-fry about 2 minutes.
4. Pour in orange juice, soy sauce and vinegar; bring to a boil.
5. Stir in cornstarch mixture; cook, stirring constantly until the liquid thickens, about 10 second.
6. Remove pan from heat, drizzle sesame oil over top and serve immediately.

Nutrition Facts per serving: Calories: 170, Fat: 3 g, Saturated fat: 0 g, Cholesterol: 130 mg, Sodium: 330 mg, Carbohydrates: 12 g, Dietary fiber: 3 g, Protein: 20 g, Vitamin A: 10%. Vitamin C: 90%, Calcium: 8%, Iron: 15%

Source: www.extension.org



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