



## Shrimp & Vegetable Stir-fry

<u>U.S.</u>		<u>Metric</u>
1 lb	Shrimp, raw, peeled and deveined	455 g
1 Tbsp + 1 tsp	Sesame oil	15 mL + 5 mL
1 medium	Onion, white, sliced into thin strips (julienne)	1 medium
1 medium	Carrot, cut into ¼ in. half moons	1 medium
1 cup	Broccoli, cut into florets	113 g
1 small	Bell Pepper, sliced into strips (julienne)	1 small
2 cloves	Garlic, minced	2 cloves
1 Tbsp	Ginger, fresh, peeled and minced	4 g
1/4 cup	Soy Sauce, reduced sodium	59 mL
1 Tbsp	Brown Sugar	12.4 g
1 Tbsp	Cornstarch	9 g
3 Tbsp	Rice Vinegar	45 mL
1/2 cup	Water	118 mL
1/4 tsp	Red Pepper Flakes	.75 g
1 cup	Peas, frozen	113 g

### **Preparation:**

1. Gather all of the ingredients and cut all of the vegetables as instructed.
2. Heat half the sesame oil (2 tsp.) over high heat in a large sauté pan. Once hot, place the shrimp in the pan. Cook for about one minute and then flip the shrimp using a spatula. Cook until shrimp is pink throughout, about 2 more minutes.
3. Remove the shrimp from the pan using a spatula and place in a bowl, set aside.
4. Heat the remaining 2 tsp. of sesame oil in the pan over medium/high heat.
5. Once hot, add the onions, bell peppers, carrots, broccoli, ginger, and garlic and stir occasionally until the vegetables become tender and the onions are translucent (clear).
6. While the vegetables are cooking whisk the soy sauce, brown sugar, cornstarch, rice vinegar, water, and red pepper flakes in a small bowl, set aside.
7. Once the vegetables are tender add the sauce mixture and peas to the mixture and cook until sauce is bubbly.
8. Add shrimp to vegetables and sauce.
9. Serve over brown rice or whole-wheat noodles and enjoy!

**\*\*Nutrition Facts on Reverse**

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<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>5 shrimp + 1 1/2 cup</b>
<b>Servings</b>	<b>7</b>
<b>Calories</b>	171
Calories from Fat	40
Total Fat	4 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	1 g
Cholesterol	115 mg
Sodium	520 mg
Carbohydrates	18 g
Dietary Fiber	3 g
Sugars	9 g
Protein	19 g
Vitamin A	50 %
Calcium	6.5 %
Vitamin C	70 %
Iron	14 %
Phosphorus	62 mg

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