



www.weightnomoredietcenter.com

Oakhurst, NJ
732.663.0222

Marlboro, NJ
732.536.2027

Brooklyn, NY
718.998.8898

Cedarhurst, NY
516.569.6400

SPICY WOK-SEARED SHRIMP

Basic Lifestyle

Ingredients

1/3 cup fat-free, low-sodium chicken broth
1 TSP low-sodium soy sauce*
1/4 TSP Morton's Lite salt
1/4 TSP crushed red pepper
2 TSP vegetable oil
1 TBS minced peeled fresh ginger
2 garlic cloves, minced (about 1 TSP)
25 jumbo shrimp, peeled and de-veined (about 1 pound)

Instructions

1. Combine broth, soy sauce, salt and red pepper in a small bowl. Set aside.
2. Heat oil in a large wok or heavy skillet over high heat until hot (but not smoking). Add ginger and garlic, and cook 30 seconds or until fragrant.
3. Add shrimp, and stir-fry 2 minutes or until the shrimp are almost completely pink. Whisk the broth mixture, add it to wok, and stir-fry about 1 minute or until shrimp are just cooked and sauce has slightly thickened. Remove from heat, and stir in onions.

Portion-Per-Serving Information (Yields 4 serving.):

1 serving = about 5 or 6 shrimp = 1 P

*Note: A great substitute for soy sauce (low-sodium or regular) is Bragg's Liquid Aminos. You can buy this at any good health food store, as well as in the Nature's Harvest section of Food Town. Tastes just like soy sauce with less sodium. (This item is on your Seasonings & Spices list.)