



© Photo: Johnny Autry; Styling: Cindy Barr

SHRIMP & BROCCOLI

STIR FRY

Just a touch of honey adds a slight sweetness that rounds out the flavor in this quick stir-fry. Each 1 cup serving of stir-fry delivers 23 grams of protein and pairs well with a high fiber cup of steamed brown rice.



4 SERVINGS



1 CUP



30 MIN

INGREDIENTS

- 1 pound medium shrimp, peeled and deveined
- 1 tablespoon cornstarch (certified gluten-free if necessary)
- 2 1/2 tablespoons canola oil, divided
- 1/4 cup (1-inch) diagonally cut green onions
- 2 teaspoons minced peeled fresh ginger
- 3 garlic cloves, thinly sliced
- 2 cups broccoli florets
- 1/4 cup lower-sodium soy sauce (certified gluten-free if necessary)
- 2 tablespoons rice vinegar
- 1 teaspoon honey
- 1/8 teaspoon crushed red pepper

INSTRUCTIONS

1. Combine shrimp and cornstarch in a medium bowl, tossing to coat. Heat a large wok or skillet over high heat. Add 1 tablespoon oil to pan; swirl to coat. Add shrimp; stir-fry 4 minutes. Remove shrimp from pan; place in a medium bowl. Add 1 1/2 teaspoons oil to pan; swirl to coat. Add green onions, ginger, and garlic to pan; stir-fry 45 seconds. Add onion mixture to shrimp.
2. Add 1 tablespoon oil to pan; swirl to coat. Add broccoli; stir-fry 1 1/2 minutes. Stir in shrimp mixture, soy sauce, and remaining ingredients; bring to a boil. Cook 1 minute or until shrimp are done and broccoli is crisp-tender.

CookingLight
DIET

NUTRITIONAL INFO

CALORIES	217
Fat	9g
Saturated fat	1g
Monounsaturated fat	5g
Polyunsaturated fat	3g
Protein	23g
Carbohydrate	11g
Fiber	1g
Sugars	2g
Cholesterol	143mg
Iron	7%
Sodium	865mg
Calcium	7%
Potassium	173mg
Vitamin A	11%
Vitamin C	71%

LC

DF

GF

HP

SIMPLE SUB-IN:

Don't have cornstarch? Wheat flour or rice flour will work in place of cornstarch.

PREP POINTER

Pat the shrimp dry with paper towels before adding them to the wok so they brown nicely.

BLUEPRINTS