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|  | **Ingredients** | | **step** |
| **Spicy Asian Shrimp** | * 1/2 lb medium-sized shrimp, peeled and deveined * 2 TBS + 1 TBS fresh lemon juice * Sea salt and pepper to taste * 3 TBS low-sodium chicken or vegetable [broth](http://www.whfoods.com/genpage.php?tname=dailytip&dbid=151) * 2 medium garlic cloves * 1/8 tsp red pepper flakes * 1/4 cup orange juice * 1 TBS minced fresh ginger * 1 TBS extra virgin olive oil | 1. Chop garlic and let sit for 5 minutes to [enhance its health-promoting properties](http://www.whfoods.com/genpage.php?tname=newtip&dbid=102). 2. Peel and devein shrimp. 3. Rub shrimp with 2 TBS lemon juice, salt and pepper. 4. Heat 3 TBS broth over medium-low heat in a stainless steel skillet. 5. When broth begins to steam, add shrimp, red pepper flakes, orange juice, and ginger and sauté. Stir frequently. After 2 minutes, turn the shrimp over and add garlic. Sauté until shrimp are pink and opaque throughout (approximately 3 minutes). Shrimp cook quickly, so watch your cooking time. They become tough if overcooked. 6. Dress with the extra virgin olive oil and the remaining 1 TBS lemon juice. | |