

- » 1 tbsp grated fresh ginger
- » 3 tbsp soy sauce, reduced sodium
- » 1 tbsp water
- » 1 tbsp seasoned rice vinegar
- » 1 tbsp brown sugar
- » 1 tbsp cornstarch
- » Nonstick vegetable cooking spray
- » 1 tbsp vegetable oil, divided
- » 1 1/2 lb medium shrimp, raw, cleaned
- » 3 cloves garlic, minced
- » 5 green onions, diagonally sliced
- » 1 cup mushrooms, sliced
- » 1/2 cup red bell pepper, sliced
- » 1/2 cup green bell pepper, sliced

- » 2 cups broccoli florets, cut in half
- » 1 1/4 cups long-grain white rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	481 cal	Cholesterol	259mg
Protein	41g	Sodium	672mg
Carbohydrate	58g	Calories from Fat	13%
Fat	7g	Fiber	3g
Saturated Fat	1g		

In a medium bowl combine grated fresh ginger, soy sauce, water, rice vinegar, brown sugar, and cornstarch. Set aside. In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 2 tsp vegetable oil. When hot, add shrimp and sauté 4 to 5 minutes or until cooked. Remove from skillet. Add 1 tsp vegetable oil and garlic. Sauté 1 minute and add green onions, mushrooms, red bell pepper, green bell pepper, and broccoli florets. Stir-fry 5 to 8 minutes until vegetables are tender. Add soy sauce mixture and cook, stirring continually until thickened. Add shrimp back and heat thoroughly. Serve with rice. Serves 4.