

- » 1 tsp grated fresh ginger
 - » 2 tsp soy sauce, reduced sodium
 - » 1 tsp water
 - » 1 tsp seasoned rice vinegar
 - » 1 tsp brown sugar
 - » 1 tsp cornstarch
 - » Nonstick vegetable cooking spray
 - » 1 tsp vegetable oil
 - » 6 oz medium shrimp, raw, cleaned
 - » 1 clove garlic, minced
 - » 2 green onions, diagonally sliced
 - » 1/4 cup mushrooms, sliced
 - » 2 tbsp red bell pepper, sliced
 - » 2 tbsp green bell pepper, sliced
- » 1/2 cup broccoli florets, cut in half
 - » 5 tbsp long-grain white rice, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	496 cal	Cholesterol	255mg
Protein	41g	Sodium	664mg
Carbohydrate	60g	Calories from Fat	15%
Fat	8g	Fiber	3g
Saturated Fat	1g		

In a small 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 1 tsp vegetable oil. When hot, add shrimp and sauté 4 to 5 minutes or until cooked. Remove from skillet. Add garlic. Sauté 1 minute and add green onions, mushrooms, red bell pepper, green bell pepper, and broccoli florets. Stir-fry 4 to 6 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 1.