

- » 1 tbsp cornstarch
- » 1 tsp sugar
- » 2 tsp chicken bouillon granules
- » 1/4 tsp crushed red pepper flakes
- » 1/8 tsp white pepper
- » 1/3 cup water
- » 3 tbsp soy sauce
- » 1 1/2 tsp seasoned rice vinegar
- » Nonstick vegetable cooking spray
- » 1 tbsp vegetable oil, divided
- » 1 1/2 lb medium shrimp, raw, cleaned
- » 2 cloves garlic, minced
- » 5 green onions, diagonally sliced
- » 1 cup red bell pepper, cut into strips

- » 2 cups snow peas cut in half
- » 1 cup 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	488 cal	Cholesterol	259mg
Protein	41g	Sodium	637mg
Carbohydrate	56g	Calories from Fat	15%
Fat	8g	Fiber	3g
Saturated Fat	1g		

In a small bowl, combine cornstarch, sugar, chicken bouillon granules, red pepper flakes, white pepper, water, soy sauce, and rice vinegar. 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 onion, red bell peppers, snow peas, and broccoli florets. Stir-fry 6 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.

FOLD HERE