

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

- » 1/2 cup snow peas, cut in half
- » 1/4 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	501 cal	Cholesterol	255mg
Protein	41g	Sodium	651mg
Carbohydrate	58g	Calories from Fat	16%
Fat	9g	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 skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1/2 tsp vegetable oil. When hot, add shrimp and sauté 4 to 5 minutes or until cooked. Remove from skillet. Add 1/2 tsp vegetable oil and garlic. Sauté 1 minute and add green onion, red bell peppers, snow peas, and broccoli florets. Stir-fry 4 to 5 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.

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