

STIR-FRIED BROCCOLI & SHRIMP

3 Tbsp rice vinegar

1 Tbsp reduced sodium soy sauce

1 Tbsp hoisin sauce

1 tsp grated ginger

1 tsp corn starch

2 Tbsp canola oil

3 cloves garlic, minced

½ pound broccoli florets (-4 cups)

½ pound peeled, deveined shrimp

1 8 oz can sliced water chestnuts, drained

2 scallions, sliced

In small bowl, stir together the vinegar, soy sauce, hoisin sauce, ginger, and corn starch.

Heat 1 Tbsp of canola oil in a large, non-stick skillet over medium-high heat. Add the garlic and stir-fry for 30 seconds. Add the broccoli and ¼ cup of water and cook until the broccoli is bright green and all the water has cooked off, about 2 minutes. Remove from the skillet.

Add the remaining 1 Tbsp of oil and stir-fry the shrimp until just pink, 2-3 minutes. Stir in the soy sauce mixture and bring to a boil. Return the broccoli to the pan, add the water chestnuts, and toss with the sauce. Sprinkle the scallions on top.

Serves 2

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