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# Hot and Sour Shrimp and Cashews

*Marjie Haas - Maryland*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**1 pound large uncooked shrimp, peeled and deveined**  
**4 tablespoons dry sherry**  
**1 tablespoon grated, peeled fresh ginger (or 1 teaspoon dried ginger)**  
**1/2 cup chicken broth**  
**2 tablespoons soy sauce**  
**2 tablespoons ketchup**  
**1 tablespoon cornstarch**  
**1 tablespoon rice vinegar (or white wine vinegar)**  
**1 tablespoon sugar**  
**1 teaspoon sesame oil**  
**4 teaspoons oil**  
**1/4 cup cashews**  
**2 medium red bell peppers, cut into one-inch pieces**  
**2 cloves garlic, minced**  
**1 cup sliced mushrooms**  
**6 green onions, cut diagonally into one-inch pieces**  
**1 package frozen spinach, defrosted and drained**

In a large bowl, combine the shrimp, two tablespoons of sherry and the ginger. Cover and refrigerate for 30 minutes.

In a small bowl, mix the remaining two tablespoons of sherry, chicken broth, soy sauce, ketchup, cornstarch, vinegar, sugar and sesame oil.

In a heavy skillet, heat two tablespoons of oil. Add the peppers and garlic. Stir-fry for 1 minute. Add the remaining two tablespoons of oil, the shrimp mixture and onions. Stir fry for 1 minute.

Stir in the chicken broth mixture. Cook until the sauce is clear and thick, stirring frequently, for about 2 minutes. Heat the spinach. Spoon the sauce and shrimp over the spinach and rice. Sprinkle with cashews.

## Seafood

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*Per Serving (excluding unknown items): 762 Calories; 41g Fat (48.9% calories from fat); 20g Protein; 75g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 2945mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 7 Vegetable; 7 1/2 Fat; 1 1/2 Other Carbohydrates.*