

Sesame Shrimp

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

1/4 cup light soy sauce

1 tablespoon seasoned rice vinegar

2 tablespoons sesame oil, divided

1 1/2 pounds large shrimp, shelled and deveined

2 cups sliced mushrooms

2 small zucchini, sliced 1/2-inch thick

2 scallions, chopped

1 pinch crushed red pepper

1 bag (8.8 oz) Uncle Ben's Ready Rice, hot

In a small bowl, whisk the soy sauce, vinegar and one tablespoon of oil.

In a large wok, heat one tablespoon of the oil. Add the shrimp, mushrooms, zucchini and scallions. Sprinkle with the red pepper. Stir-fry for 4 minutes or until the shrimp are cooked.

Add the soy sauce mixture and toss.

Serve with rice.

Per Serving (excluding unknown items): 276 Calories; 10g Fat (33.3% calories from fat); 38g Protein; 8g Carbohydrate; 2g Dietary Fiber; 259mg Cholesterol; 863mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.