

Oven-Fried Tempura with Green Wasabi Sauce

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Servings: 4

Preparation Time: 30 minutes

Bake Time: 15 minutes

1 teaspoon wasabi powder
1 cup reduced-fat sour cream
1 bunch scallions, trimmed and finely chopped
1/2 cup parsley, chopped
1/2 teaspoon salt and pepper, divided
6 ounces carrots, peeled and cut into 3x1/2-inch sticks
3 egg whites, lightly beaten
1 1/2 cups panko breadcrumbs
1 1/2 pounds large shrimp, shelled and deveined
6 ounces zucchini, cut into 3x1/2-inch sticks
2 cups cooked white rice
1/8 teaspoon salt
reduced-sodium teriyaki sauce for dipping (optional)

Preheat the oven to 450 degrees.

Place a large wire rack on a large baking sheet and coat with nonstick cooking spray.

In a small bowl, mix the wasabi powder with one tablespoon of water. Stir in the sour cream, scallions, parsley and 1/4 teaspoon of the salt. Refrigerate.

Place the carrots in a small saucepan of boiling water and cook 3 minutes until crisp-tender. Drain and pat the carrots dry.

Place the egg whites in a shallow dish and add the remaining 1/4 teaspoon of the salt. Spread the panko in a second dish.

Dip the shrimp in the egg, coat with the panko and place on the prepared pan. Repeat with the carrots and zucchini.

Bake the shrimp and vegetables for 12 to 15 minutes or until the shrimp and vegetables are cooked through. Sprinkle the vegetables with 1/8 teaspoon of salt.

Serve over the white rice.

Serve with the wasabi sauce and, if desired, teriyaki sauce.

Per Serving (excluding unknown items): 339 Calories; 3g Fat (9.3% calories from fat); 41g Protein; 34g Carbohydrate; 2g Dietary Fiber; 259mg Cholesterol; 556mg Sodium. Exchanges: 1 1/2 Grain(Starch); 5 Lean Meat; 1 Vegetable; 0 Fat.