



Spicy Shrimp and Vegetable Stir-Fry

Ingredients

1/4 cup low-sodium soy sauce	1 cup large-diced green bell pepper
1/4 cup sake	1 cup large-diced onion
2 Tbsp sugar	1 cup cubed cabbage
1 Tbsp dark (toasted) sesame oil	1 cup sliced carrot
1 Tbsp chopped garlic	1/2 tsp red pepper flakes
1 Tbsp finely chopped or grated ginger	24 large shrimp, shelled and deveined
1 cup large-diced red bell pepper	

Nutrition Facts (per serving)

Calories	301
Fat (g)	7
Saturated Fat (g)	1
Cholesterol (mg)	-
Sodium (mg)	-
Carbohydrate (g)	24
Fiber (g)	3
Protein (g)	32
Calcium (mg)	-

Preparation

Combine first 6 ingredients in a bowl. Heat a large nonstick skillet over medium-high heat. Add soy sauce mixture; cook until lightly thickened, about 1 minute. Add vegetables and red pepper flakes. Cook, stirring constantly, until vegetables are soft, about 1 minute. Add shrimp and 1/4 cup water. Cook, stirring often, until shrimp are just cooked through, 2 to 3 minutes more. Divide among 4 bowls; serve immediately.

Serves 4

