

HONEY-GINGER STIR-FRY WITH SHRIMP

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving= 1 1/4 cup)

Nutrition (per serving)

Calories: 326

Total Fat: 9 g

Saturated Fat: 1 g

Sodium: 434 mg

Total Carbohydrate: 45 g

Dietary Fiber: 5 g

Protein: 16 g



Ingredients

- 2 cups water
- 1 cup quinoa, uncooked
- 2 teaspoons sesame oil
- 1 large red bell pepper, cut into medium strips

Sauce

- 1 Tablespoon sesame oil
- 2 teaspoons garlic
- 2 teaspoons grated ginger root
- 2 Tablespoons honey

- 2 ½ cups (8 ounce bag) of sugar snap peas, coarsely chopped
- ½ cup green onion, chopped
- 40 medium raw shrimp, de-veined and tail removed

- 2 teaspoons San-J® gluten free or La Choy reduced sodium soy sauce
- 2 Tablespoons fresh lime juice
- Pinch cayenne pepper



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Directions

1. Place 2 cups water and 1 cup quinoa in a medium saucepan. Bring to boil then turn heat down to medium-low and simmer for 10-12 minutes or until water is soaked up.
2. Turn wok or large skillet onto medium-high heat. Once hot, carefully coat with 2 teaspoons sesame oil. Toss in veggies and cook for 5 minutes. Add shrimp and cook for an additional 3 minutes.
3. While veggies and shrimp are cooking, whisk together all ingredients for sauce. Add to the stir-fry and stir to combine, cooking an additional 1 minute.



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