

Tiffany Gagliardo from D'Avolio

Makes: 4 servings



Ingredients:

- ♥ ½ cup low-sodium chicken broth
- ♥ 1 Tbsp. hoisin sauce
- ♥ 3 Tbsp. D'Avolio Tangerine Balsamic Vinegar
- ♥ 2 tsp. cornstarch
- ♥ 1 Tbsp. reduced sodium soy sauce
- ♥ 3 Tbsp. D'Avolio Lemon Extra Virgin Olive Oil
- ♥ 1 Tbsp. garlic, minced
- ♥ 1 tsp. ginger, minced
- ♥ 1 lb. jumbo shrimp, shelled and deveined
- ♥ 1 medium bell pepper
- ♥ ½ cup shredded carrots
- ♥ 2/3 cup red onion, sliced
- ♥ 1 cup sugar snap peas
- ♥ 2 medium zucchini, cut into noodles
- ♥ Toasted sesame seeds, to garnish
- ♥ 1 cup brown rice

PREPARATION:

1. In a small bowl, whisk together vegetable broth, hoisin sauce, vinegar, soy sauce, and cornstarch. Set the mixture aside.
2. Place a large sauté pan or wok over medium-low heat. Add 2 Tbsp. olive oil and heat for 1 minute. Add the garlic and ginger, cook for 2 minutes, stirring constantly.
3. Add the shrimp to the pan, stirring as needed, and cook until the shrimp are cooked throughout and pink on all sides, about 3 minutes. Season the shrimp with salt (optional) and pepper, then transfer to a bowl, leave any liquid remaining in the pan.
4. Increase the heat to medium. Add remaining Tbsp. olive oil to the pan and add peppers, carrots, red onions, and snow peas. Cook, stirring constantly, for 3-4 minutes until the vegetables are slightly tender. Add the prepared sauce and cook, stirring constantly, for 2 minutes until the sauce thickens slightly. Return the shrimp to the pan, stirring to combine. Then add zucchini noodles to the pan, tossing to coat.
5. Transfer the stir-fry to a serving plate, garnish with toasted sesame seeds. Serve over ½ cup brown rice.

Nutrition Facts

Serving Size: 1 serving (406.8g)
Servings: 1

Amount Per Serving	
Calories	340
Calories from Fat	140
% Daily Value*	
Total Fat	16g 25%
Saturated Fat	2g 11%
Trans Fat	0g
Cholesterol	210mg 69%
Sodium	490mg 20%
Total Carbohydrate	25g 8%
Dietary Fiber	5g 18%
Sugars	9g
Protein	29g
Vitamin A	60%
Calcium	10%
Vitamin C	80%
Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet.



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