

Shrimp with Snow Peas

Makes: 4 servings



Total Time: 25 minutes

Ingredients:

- 1 lb. snow peas, stemmed
- 1 large red sweet pepper, seeded and cut into ¼ inch strips
- ½ small white onion, cut into match sticks
- 2 Tbsp. vegetable oil
- 1 clove garlic, chopped
- 1 lb. E-Z Peel shrimp, peeled, deveined, tails removed
- 1 cup Asian Classics General Tso's Spicy Orange Sauce
- ½ tsp. ground white pepper
- 1 bunch green onions, cut on the bias

PREPARATION

1. Blanch snow peas, red pepper, and onion in boiling water until crisp-tender, 2-3 min.; drain and set aside.
2. Heat nonstick wok or large nonstick skillet on high. Drizzle oil around sides of pan; tilt pan to distribute evenly.
3. Add garlic and shrimp, stir-fry 2 min. or until internal temp of shrimp is 120 degrees.
4. Add sauce and pepper; stir-fry until internal temp of shrimp is 130 degrees, about 2 min.
5. Add vegetables; stir-fry to heat through, 30 seconds; toss in green onions. Remove from heat; let rest at least 2 min. Serve hot.

Nutrition: 310 calories; 9g fat (2g sat fat); 140mg cholesterol; 33g carbohydrates; 24g protein; 4g fiber; 400mg sodium