

Shrimp and Vegetable Stir-Fry with Peanuts

Ingredients:

1 ½ Cup fresh spinach (large stems removed) rinsed, excess water shaken off
2 cups broccoli florets
2 yellow bell peppers, seeded and cut in 1” strips
2 scallions, cut in 1” pieces
1 Tbsp. finely chopped garlic
1 tsp. minced fresh ginger
2 Tbsp. light soy sauce
1 Tbsp. red wine vinegar
3 Tbsp. canola oil
1 Tbsp. sesame oil
1 lb large shrimp
½ cup peanuts

Directions:

- 1) Heat a wok or large skillet to medium. Add spinach, cover and steam until wilted, 3 to 4 minutes. Set Aside
- 2) In a medium bowl, combine broccoli, peppers, scallions, garlic, ginger, soy sauce, and vinegar. Mix well.
- 3) In the wok or skillet, heat canola and sesame oils over medium to high heat. Add vegetable mixture and stir-fry for 3 to 5 minutes, until vegetables are crisp-tender. Add shrimp and cook an additional 4 to 5 minutes, until shrimp are pink.
- 4) To assemble, place spinach on a platter and top with shrimp mixture. Heat wok or skillet again and stir-fry peanuts for 1 minute on high heat. Sprinkle peanuts over dish and serve.

Serves 4:

Per Serving: Calories: 391, 31g protein, 13g carbohydrates, 25g fat, 3g saturated fat, 173mg cholesterol, 4g fiber, 454 mg sodium

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