



Sweet 'n Spicy Shrimp Stir-Fry



Entire recipe: 342 calories, 8.5g total fat (1g sat. fat), 717mg sodium, 34.5g carbs, 6g fiber, 18g sugars, 31.5g protein

Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

1/2 cup sliced onion
1 cup bean sprouts
1/2 cup sugar snap peas
1/2 cup carrot thinly sliced into coins
1 1/2 tsp. sesame oil or olive oil
5 oz. (about 9) raw large shrimp, peeled, tails removed, deveined
1/4 cup canned sliced water chestnuts, drained and roughly chopped
1 tbsp. sweet Asian chili sauce
1/8 tsp. red pepper flakes

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion, bean sprouts, snap peas, and carrot. Drizzle with oil, and cook and stir until mostly softened, about 5 minutes.

Add shrimp and water chestnuts. Cook and stir until veggies have softened and shrimp are cooked through, about 3 minutes.

Remove skillet from heat, and mix in chili sauce and red pepper flakes.

MAKES 1 SERVING

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