



Veggie-Loaded Cashew Shrimp



1/2 of recipe: 280 calories, 8g total fat (1.5g sat. fat), 827mg sodium, 24.5g carbs, 3.5g fiber, 9.5g sugars, 28.5g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

1/2 cup low-sodium chicken broth
1/2 tbsp. cornstarch
1 tbsp. reduced-sodium soy sauce
1 tbsp. seasoned rice vinegar
1/4 tsp. ground ginger
2 cups quartered mushrooms
1 cup chopped onion
1 tsp. chopped garlic
8 oz. (about 16 large or 8 extra-large) raw shrimp, peeled, tails removed, deveined
1/2 tsp. onion powder
1 cup snow peas
1 oz. (about 1/4 cup) unsalted roasted cashews, roughly chopped
2 tbsp. chopped scallions

Directions

To make the sauce, in a medium bowl, mix cornstarch into broth until dissolved. Mix in soy sauce, vinegar, and ginger.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add mushrooms, onion, and garlic. Cook and stir until slightly softened, 5-6 minutes.

Season shrimp with onion powder, and add to the wok. Add snow peas and cashews. Cook and stir for about 4 minutes, until shrimp are cooked through.

Stir sauce mixture, and add it to the wok. Cook and stir until sauce has slightly thickened, about 2 minutes.

Serve topped with scallions.

MAKES 2 SERVINGS

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