



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Shrimp and Peanut Sauce

Ingredients

Peanut sauce

- 1 tsp bottled, minced garlic
- 3 tbs low sodium soy sauce
- 2 tbs crunchy, natural peanut butter
- 1 tsp sugar
- 1 tsp rice vinegar
- 1 ½ tsp chili garlic sauce (NOTE: reduce for a milder sauce, add more to make the sauce more spicy)

Stir Fry

- 1 tsp dark sesame oil
- 8 oz shrimp, peeled and deveined
- 1 cup sliced onion
- ½ red bell pepper, cut into thin strips
- 1 cup bagged, pre-washed spinach
- 2 cups hot cooked baby penne pasta

Directions

1. Combine first 7 ingredients in a medium bowl, stir well with a whisk.
2. Heat oil in a large, non-stick skillet over medium high heat.
3. Add shrimp and sauté for 3 minutes, or until shrimp turn pink.
4. Remove shrimp from pan.
5. Add onion and bell pepper and sauté for 3 minutes.
6. Add peanut sauce, shrimp and spinach.
7. Reduce heat to medium and toss ingredients for 2 minutes or until spinach wilts.
8. Serve mixture over pasta.

Nutrition Information Makes 2 servings (1 cup shrimp mixture and 1 cup pasta)

Per serving:

Calories: 483
Fat: 13.4g
Carbohydrate: 55g
Protein: 36g
Fiber: 5g
Sodium: 1003mg



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Eat Smart