



Sesame ginger shrimp

Ingredients:

- 6 T. low-sodium soy sauce
- 2 1/2 T. brown sugar
- 2 T. sesame oil
- 2 T. fresh minced ginger
- 4 cloves minced garlic
- 1 t. red pepper flakes
- 12 oz. shrimp, peeled and deveined

Adapted with permission from MayoClinic.org

Directions

In a medium bowl, combine the soy sauce, brown sugar, oil, ginger, garlic and red pepper flakes. Add the shrimp; mix well. Place in the refrigerator to marinate for 30 minutes.

Coat a nonstick medium sauté pan with cooking spray; heat to medium-high heat. Once hot, add the shrimp and sauté for about 1 minute. Add half of the marinade mixture to the pan and cook for another 30 seconds. Discard any leftover marinade. Serves 6.

Nutrition facts

Per serving	
Calories	108
Protein	9 g
Carbohydrate	6 g
Total fat	5 g
Saturated fat	1 g
Monounsaturated fat	2 g
Cholesterol	71 mg
Sodium	970 mg
Fiber	0 g
Total sugars	4 g