

Ginger Shrimp

Betsy Jacobson - Palm City, FL

Treasure Classics - National LP Gas Association - 1985

Servings: 4

*1 tablespoon oil, heated
1/2 teaspoon ginger root
2 green onions, chopped
red pepper
2 stacks Bok Choy (tops
removed), chopped
coarsely
1 package fresh or frozen
asparagus, thawed
1 pound shrimp, peeled
while raw
salt
1/2 teaspoon baking soda
1 tablespoon sherry
1 1/2 cups cooked rice*

Preparation Time: 20 minutes

Cook Time: 10 minutes

In a saucepan in oil, saute' the ginger root and green onions thoroughly until well done. Discard the ginger root and onion. Save the oil for saute'ing the red pepper, Bok Choy and asparagus.

After cleaning the shrimp, knead in salt in a colander (This makes the shrimp tender). Transfer the shrimp to a two quart bowl after rinsing thoroughly.

To the bowl, add the baking soda. Mix. Add the sherry wine. Marinate for two hours.

Add the shrimp to the pan of asparagus, Bok Choy and red pepper. Saute' for 5 minutes until the shrimp turns pink.

Serve with seasoned rice on the side and a green salad.

Per Serving (excluding unknown items): 248 Calories; 6g Fat (21.1% calories from fat); 25g Protein; 21g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 328mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fat.