
Spicy Garlic Shrimp

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Servings: 4

1 pound large shrimp, cleaned and shells removed

2 tablespoons garlic chili sauce

1 tablespoon canola oil

3 bell peppers (one each, red, yellow, green), thinly sliced

1 onion, thinly sliced

Toss the shrimp in the garlic chili sauce. Refrigerate for one hour.

Heat the oil in a large wok over high heat. Add the pepper and onions. Cook for 3 minutes until crisp-tender. Remove to a large plate.

Add the shrimp to the wok. Toss well and cook just until the shrimp are cooked through. Return the vegetables to the wok with the shrimp, tossing until hot.

Seafood

Per Serving (excluding unknown items): 161 Calories; 5g Fat (31.3% calories from fat); 23g Protein; 3g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 169mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 1/2 Fat.