

Sweet "n" Tangy Shrimp

Taste of Home One-Dish Meals

Servings: 4

1/2 cup ketchup
2 tablespoons sugar
2 tablespoons cider vinegar
2 tablespoons reduced-sodium soy sauce
1 teaspoon sesame oil
1/4 teaspoon crushed red pepper flakes
1 1/2 pounds uncooked medium shrimp, peeled and deveined
1 tablespoon fresh gingerroot, minced
1 tablespoon canola oil
3 cloves garlic, minced
2 green onions, sliced
1 teaspoon sesame seeds, toasted
hot cooked rice (optional)

In a small bowl, combine ketchup, sugar, vinegar, soy sauce, sesame oil and red pepper flakes; set aside.

In a large nonstick skillet or wok, stir-fry shrimp and ginger in oil until shrimp turn pink. Add garlic; cook 1 minute longer.

Add the ketchup mixture; cook and stir for 2 to 3 minutes or until heated through.

Sprinkle with onions and sesame seeds.

Serve over rice, if desired.

Per Serving (excluding unknown items): 111 Calories; 5g Fat (38.1% calories from fat); 1g Protein; 17g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 658mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat; 1 Other Carbohydrates.