
Sweet and Pungent Shrimp

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

1/4 cup brown sugar

2 tablespoons cornstarch

1/2 teaspoon salt

1/4 cup white vinegar

2 tablespoons soy sauce

1 can (16 ounce) pineapple chunks, reserving the liquid

1 green pepper, sliced into rings

2 small onions, sliced

1 pound cooked shrimp

3 cups cooked rice

In a saucepan, mix the brown sugar, cornstarch, salt, vinegar, soy sauce and reserved pineapple juice. Cook until slightly thick.

Add the green pepper, onion and pineapple. Cook for 2 to 3 minutes.

Remove from the heat and add the shrimp. Let stand for 10 minutes.

Heat again before serving over hot rice.

Seafood

Per Serving (excluding unknown items): 377 Calories; 2g Fat (4.2% calories from fat); 29g Protein; 60g Carbohydrate; 2g Dietary Fiber; 221mg Cholesterol; 1044mg Sodium. Exchanges: 2 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Other Carbohydrates.