
California Seafood Bowl

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Servings: 4

Start to Finish Time: 20 minutes

12 ounces medium (or rock) shrimp, peeled and deveined with tails removed

1/2 cup reduced-fat chive and onion cream cheese spread

1 seedless cucumber

1 cup matchstick carrots

1 tablespoon rice vinegar

3 tablespoons plain, nonfat Greek yogurt

1 1/2 teaspoons sriracha sauce

3 tablespoons water, divided

1/2 teaspoon Kosher salt

cooking spray

1/2 Hass avocado

2 teaspoons fresh ginger root

2 bags (7.1 ounce ea) Thai stir-fry noodles

4 teaspoons reduced-sodium soy sauce

1/2 cup sliced green onions

Thaw the shrimp (if needed). Set the cream cheese out to soften. Grate the cucumber on a box grater (large holes, 2 cups). Set aside.

In a bowl, combine the carrots and rice vinegar. Let stand for 10 minutes, stirring occasionally.

In another bowl, combine the yogurt, sriracha sauce and one tablespoon of water. Whisk until blended.

Preheat a large nonstick saute' pan on medium-high heat for 2 to 3 minutes. Pat the shrimp dry. Coat the shrimp with salt and cooking spray (wash your hands). Place in the saute' pan and cook for 1 to 2 minutes on each side until pink and opaque. Remove the shrimp from the pan and let stand to cool.

Remove the flesh from the avocado half and slice. Peel and grate the ginger. Stir the cucumbers into the carrot mixture.

Prepare the noodles according to package microwave directions.

In a medium bowl, place the cream cheese, soy sauce, onions, ginger and the remaining two tablespoons of water. Whisk until blended. Add the noodles and toss to coat.

Divide the noodles evenly among the serving bowls. Top with the shrimp, cucumber-carrot mixture and avocado slices.

Drizzle with yogurt sauce.

Serve.

Salads

Per Serving (excluding unknown items): 8 Calories; trace Fat (2.6% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 437mg Sodium. Exchanges: 1/2 Vegetable; 0 Other Carbohydrates.