

## Shrimp, Asparagus, and Mushroom Stir-Fry

Serves 4; 1 1/2 cups shrimp mixture and 1/2 cup rice per serving

1/4 cup fat-free, low-sodium chicken broth

2 tablespoons plain rice vinegar

2 tablespoons soy sauce (lowest sodium available)

1 tablespoon cornstarch

1 teaspoon toasted sesame oil

1/4 teaspoon salt

1/2 cup uncooked instant brown rice

1 1/2 teaspoons canola or corn oil and 1 1/2 teaspoons canola or corn oil, divided use

1 cup shiitake mushrooms, stems discarded, thinly sliced

2 teaspoons grated peeled gingerroot

2 medium garlic cloves, minced

16 ounces asparagus, trimmed, cut on the diagonal into 1-inch slices (about 2 1/2 cups)

1 pound raw medium shrimp, peeled, rinsed, and patted dry

In a medium bowl, whisk together the broth, vinegar, soy sauce, cornstarch, sesame oil, and salt. Set aside.

Prepare the rice using the package directions, omitting the salt and margarine.

Meanwhile, in a large nonstick skillet, heat 1 1/2 teaspoons canola oil over high heat, swirling to coat the bottom. Cook the mushrooms, gingerroot, and garlic for 2 minutes, stirring constantly.

Stir in the asparagus. Cook for 2 minutes, stirring constantly. Transfer the mixture to a large bowl. Set aside.

Add the shrimp to the broth mixture, stirring to coat.

In the same skillet, heat the remaining 1 1/2 teaspoons canola oil over high heat, swirling to coat the bottom. Cook the shrimp mixture for 2 minutes, or until the shrimp are pink and just cooked through. Stir in the asparagus mixture. Cook for 1 minute, or until the vegetables are heated through and the sauce is thickened, stirring constantly. Serve over the rice.

**Cook's Tip:** Stir-frying is a quick and easy technique—just make sure you have all your ingredients prepped before you begin. Once the pot is hot, things move fast!

**Nutrients per Serving**

Calories	212
Total Fat	6.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	3.0 g
Cholesterol	168 mg
Sodium	544 mg
Carbohydrates	17 g
Fiber	3 g
Sugars	2 g
Protein	23 g

**Dietary Exchanges**

1/2 starch, 1 vegetable, 3 lean meat

This recipe is reprinted with permission from *Recipes for the Heart*, Copyright © 2011 by the American Heart Association. Published by Publications International, Ltd. Available on ShopGoRed.com starting mid-February, while supplies last.