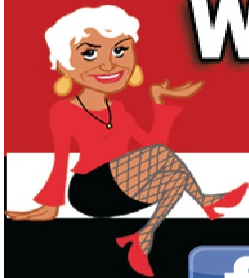


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## VEGETABLE SHRIMP STIR FRY

Intermediate Lifestyle

### Ingredients

1/3 cup water  
2TBS lite soy sauce (we recommend you substitute with Bragg's Liquid Amino)  
2 TBS cornstarch  
1 TSP Splenda  
2 TBS vegetable oil  
½ small head green cabbage, shredded  
1 red bell pepper, cut into 2" pieces  
4 green onions, cut into 1" pieces  
½ lb. asparagus, cut into 2" pieces  
2 garlic cloves, minced  
1 lbs. peeled and de-veined shrimp  
2 TBS minced fresh ginger  
½ TSP crushed red pepper  
2 TBS dry sherry (optional)

### Instructions

1. In a small bowl combine water, soy sauce, cornstarch and Splenda.
2. Warm 1 TBS oil in a large nonstick skillet or wok over medium heat.
3. Add cabbage, bell pepper, onions, asparagus and garlic. Cook, stirring frequently 3 minutes, or until vegetables are crisp-tender.
4. Stir in 1 TBS of soy sauce mixture. Cook until mixture is thickened and coats vegetables. Spoon vegetables onto a platter and keep warm.
5. Warm remaining 1 TBS oil in the same skillet. Add shrimp, ginger and red pepper. Cook, stirring frequently, 5 minutes, or until shrimp are just opaque. Stir in sherry, if using, and remaining soy sauce mixture. Cook until mixture is thickened and coats shrimp. Spoon shrimp over vegetables.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = an even 1/4 mixture = 1 P, 2 V, ½ FT