

Stir-Fried Shrimp with Spicy Orange Sauce

Neutral-tasting canola oil allows the flavors of orange juice, honey, ginger, and chiles to shine. It can also withstand the heat of stir-frying in this tasty take on sweet-and-sour shrimp. Serve over rice or udon noodles.

Ingredients:

- 1½ pounds peeled and deveined large shrimp
- 1 tablespoon cornstarch
- ¼ cup fresh orange juice
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon rice wine vinegar
- 1 tablespoon chile paste with garlic (such as sambal oelek)
- 2 tablespoons canola oil
- 1 tablespoon minced peeled fresh ginger
- 3 garlic cloves, minced
- ⅓ cup chopped green onions

Directions:

- Place shrimp in a medium bowl. Sprinkle with cornstarch; toss well to coat. Set aside.
- Combine juice, soy sauce, honey, vinegar, and chile paste, stirring with a whisk; set aside.
- Heat canola oil in a large nonstick skillet over medium-high heat. Add minced ginger and garlic to pan; stir-fry for 15 seconds or until fragrant. Add shrimp mixture; stir-fry for 3 minutes. Add juice mixture and onions; cook 2 minutes or until sauce thickens and shrimp are done, stirring frequently. Serve immediately.

Yield: 4 servings (serving size ¾-cup)

Nutritional Information: Calories 301 (30% from fat); Fat 10g (sat 1.1g, mono 4.6g, poly 3.2g); Iron 4.4mg; Cholesterol 259mg; Calcium 103mg; Carbohydrate 16.8g; Sodium 621mg; Protein 35.3g; Fiber 0.5g

Recipe Source: *Cooking Light*, August 2007

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.