

Sweet-and-Sour Shrimp



Makes 4 servings.

Per serving: 412 calories, 24 g protein, 54 g carbohydrate, 8 g fat, 1 g saturated fat, 4 g fiber, 173 mg cholesterol, 177 mg sodium

Here's a flavorful recipe. This low-fat, low-sodium dish uses celery, pear, and brown rice to provide plenty of fiber and taste.

INGREDIENTS:

- 1/2 cup** chopped walnuts
(Note: If nuts are a problem, they can be omitted)
- 1 lb** medium frozen cooked shrimp
- 3/4 cup** low-sodium sweet-and-sour sauce
- 1 cup** diagonally sliced celery
- 1** medium pear or apple, cored and cut into bite-size pieces
- 1 cup** cooked brown rice

DIRECTIONS:

- 1.** Preheat the oven to 350°F. Bake walnuts on baking sheet for 10 minutes until golden brown, stirring halfway through the baking time. Remove from oven, set aside to cool.
- 2.** Put shrimp in colander. Defrost under cool running water. Drain and set aside.
- 3.** In a large nonstick skillet or wok, heat the sweet-and-sour sauce over medium-high heat until it begins to bubble. Stir in celery, cover, and cook for 1 minute. Stir in the pear, and cook for 2-3 minutes more, until fruit is slightly tender. Stir in the shrimp. Cover, and cook for 1 minute, or until heated through. Stir in toasted walnuts and serve over the steaming rice.