

MUSHROOMS

SHRIMP, MUSHROOM AND SNOW PEA STIR-FRY

COST PER SERVING \$3.34 / TOTAL 35 min. / SERVES 4

- 1/2 cup low-sodium chicken broth
- 2 Tbsp. low-sodium soy sauce
- 2 Tbsp. grated fresh ginger
- 1 tsp. cornstarch
- 1 Tbsp. vegetable oil
- 8 oz. sliced mushrooms
- 8 oz. snow peas, strings removed
- 1 lb. medium or large shrimp, peeled, deveined
- 2 scallions, white and light green parts, thinly sliced
- Salt and pepper, optional
- Cooked rice or rice noodles for serving, optional

① In a small bowl, mix broth, soy sauce, ginger and cornstarch.
② Warm oil in a large nonstick skillet or wok over medium-high heat until shimmering. Cook mushrooms, stirring, until their liquid has evaporated and they have browned, 6 to 10 minutes. Add snow peas; stir-fry until crisp-tender, about 2 minutes. Toss in shrimp and cook, stirring, until pink, 3 to 5 minutes. Add scallions; stir-fry 30 seconds more. Stir broth mixture; pour into pan. Stir-fry until shrimp are opaque and sauce has thickened slightly, approximately 1 minute. Season with salt and pepper and serve over rice or rice noodles, if desired.

PER SERVING 166 Cal., 5g Fat (1g Sat.), 143mg Cholesterol, 2g Fiber, 20g Pro., 10g Carb., 951mg Sod.



SCAN EACH DISH TO SAVE THE RECIPE AND SHOP FOR INGREDIENTS. See page 2.



DID YOU KNOW
MUSHROOMS
ARE PACKED WITH
B VITAMINS?

