

# GARLIC SHRIMP STIR FRY

## Ingredients:

- 1 cup quick-cooking brown rice or quinoa
- 3 teaspoons canola oil or olive oil
- 1 pound medium shrimp, peeled & deveined
- 1 onion, chopped
- 4 cloves garlic, sliced
- 3 scallions, chopped
- 2 carrots, thinly sliced
- 1 red pepper, sliced
- 6 cups chopped kale leaves
- ½ cup reduced sodium chicken broth
- 2 tablespoons hoisin sauce

*Contributed by Prevention: Heart Healthy Recipe Edition*



## Method:

1. Prepare rice/quinoa per package directions, omitting salt and fat.
2. Heat 1 teaspoon of the oil in a large nonstick or cast iron skillet over medium heat while rice cooks. Add shrimp and cook, turning once, until just opaque, about 3 minutes.
3. Heat remaining 2 teaspoons oil in the skillet over medium high heat. Add onion, garlic, scallions, and carrots and cook until just starting to soften, about 2 minutes.
4. Add broth, stirring occasionally, and cook until kale has wilted, about 3 minutes.
5. Stir in hoisin sauce and reserved shrimp. Cook, stirring until heated through, about 1 minute.
6. Stir over rice and serve. Makes 4 servings.

## Nutritional Value:

Per serving:  
317 calories, 30 grams of protein, 37 grams of carbs, 5 grams of fiber, 7 grams of fat, 1 g of saturated fat, 359 mg