

STIR-FRY SCALLOPS AND BROCCOLI

September 30, 2009

Serves: 3, serving size 1/3 of the recipe

½ lb. scallops, cut in half if large (6 oz. cooked)
2 Tbsp. cornstarch, divided
3 Tbsp. lite soy sauce, divided
1 tsp. sugar
½ tsp. ground ginger
1 cup water
¼ tsp. minced garlic
½ lb. fresh broccoli, cut into serving size pieces
1 medium onion, cubed
2 medium carrots, sliced diagonally
Fresh ground pepper

1. Mix the scallops with 1 Tbsp. each cornstarch and soy sauce. Let stand 10-15 minutes.
2. Combine remaining cornstarch, soy sauce, sugar, ginger with the water.
3. Saute' scallop mixture in nonstick skillet.
4. Add vegetables. Cook and stir for several minutes.
5. Add water mixture and pepper. Cook until sauce thickens and vegetables are tender-crisp.

Nutrition Facts per serving

Exchanges: Lean Meat: 2, Vegetable: 1, Starch/Bread: 1

Calories: 153, Carbohydrate: 20g, Protein: 16g, Fat: 1g, Saturated fat: trace, Cholesterol 25mg, Fiber 1g, Sodium 228mg

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



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