

Sweet and Spicy Shrimp

Servings 4

You'll Need -

Take Out -

1/4 cup soy sauce	measuring cups
2 teaspoons SLENDA Granular	measuring spoons
2 teaspoons cornstarch	knife
1/2 teaspoon crushed pepper	spoon
1/2 teaspoon sesame or peanut oil	10" skillet
1 small onion, sliced	small bowl
1 small green bell pepper, sliced	
1 medium carrot, thinly sliced (1/2 cup)	
3/4 lbs. uncooked, peeled, de-veined large shrimp, thawed if frozen	

1. Mix soy sauce, SLENDA Granular, cornstarch and red pepper. Set aside.
2. Heat vegetable oil in 10" skillet over medium-high heat. Cook onion, bell pepper and carrot in oil 2 to 3 minutes, stirring occasionally, until crisp-tender.
3. Stir in soy sauce mixture and shrimp. Cook 3 to 5 minutes, stirring occasionally, until shrimp are pink and firm and sauce is thickened.

Calories 110 Sodium 1180 milligrams Carbohydrate 8 grams
Protein 14 grams Fat 1.5 grams Exchanges 2 very lean meat, 1/2 starch

Source: www.splenda.com

Points to Remember about the Sweet & Spicy Shrimp Recipe:

- 1. Low sodium soy sauce may be used to reduce the sodium.**
- 2. Cook shrimp just until pink. Over-cooking will cause the shrimp to become tough.**
- 3. This is a nice low fat dish.**
- 4. Sesame oil provides extra flavor.**

Lemon Chicken

4 5-ounce servings

You'll Need -

Take Out -

12 oz. chicken breast tenders, cut in thirds
1 teaspoon cornstarch
1 tablespoon low sodium soy sauce

1/4 cup fresh lemon juice
1/4 cup low sodium soy sauce
1/4 cup fat free chicken broth
1 teaspoon fresh ginger, minced
2 cloves garlic, minced
2 teaspoons SLENDA Granular
1 teaspoon cornstarch
1 tablespoon vegetable oil
1/4 cup red bell pepper, sliced into 2-inch strips
1/4 cup green bell pepper sliced into 2-inch strips

measuring spoons
measuring cups
knife
spoon
frying pan
small mixing bowl
medium mixing bowl

1. Mix 1 tsp. cornstarch and 1 Tbsp. soy sauce in a small bowl. Add sliced chicken tenders. Place in refrigerator and marinate for 10 minutes.
2. Stir the lemon juice, 1/4 cup soy sauce, chicken broth, ginger, garlic, SLENDA Granular and 1 tsp. cornstarch together in a medium sized mixing bowl.
3. Heat oil in medium size frying pan. Add chicken and cook over medium high heat for 3-4 minutes or until just done. Add sauce and sliced peppers. Cook 1-2 minutes more or until sauce thickens and peppers are slightly tender.

Calories 150 Sodium 380 milligrams Carbohydrates 5 grams
Protein 22 grams Fat 4.5 grams Exchanges per serving:
3 very lean meats, 1 fat

Source: www.splenda.com

Points to Remember about the Lemon Chicken Recipe:

- 1. The red & green pepper gives color to this low-fat dish.**
- 2. Canola oil or olive oil can be used for the vegetable oil. Both contain heart-healthy monounsaturated fats.**
- 3. For a substitute for fresh ginger, minced or pureed ginger are preferred over ground ginger because of the taste. You can also freeze fresh ginger.**
- 4. Two garlic cloves can be substituted for 1 teaspoon minced garlic or 1/4 teaspoon garlic powder.**

Points to Remember about the Quick Glazed Pork Loin Recipe:

- 1. Pork tenderloin is very low in fat and a good source of protein, B vitamins and iron.**
- 2. A variety of fresh vegetables can be substituted for the frozen vegetables. Steam about 3 cups fresh vegetables until partially cooked before adding to pork. Choose vegetables such as carrots, onions, broccoli, & green beans.**
- 3. Salt can be omitted to lower the sodium in this recipe.**

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