

Sweet-and-Sour Shrimp

Makes 4 Servings

¾ cup pineapple juice
3 tablespoons sugar
3 tablespoons rice vinegar
2 tablespoons tomato paste
1 tablespoon reduced-sodium soy sauce
1 tablespoon cornstarch
2 dashes hot pepper sauce
3 teaspoons vegetable oil
1 ½ pounds medium shrimp, peeled and deveined
1 tablespoon grated peeled fresh ginger
2 garlic cloves, minced
2 carrots, very thinly sliced
1 onion, chopped
1 green bell pepper, seeded and chopped
1 (8-ounce) can bamboo shoots, drained
¼ cup dry-roasted peanuts

1. Whisk together the pineapple juice, sugar, vinegar, tomato paste, soy sauce, cornstarch, and pepper sauce in a medium bowl until smooth; set aside.
2. Heat a large nonstick skillet or wok over high heat until a drop of water sizzles. Add 2 teaspoons of the oil, swirl to coat the pan, then add the shrimp. Stir-fry until just opaque in the center, 3-4 minutes. Transfer the shrimp to a bowl and set aside.
3. Add the remaining 1 teaspoon oil to the skillet, swirl to coat the pan, then add the ginger and garlic. Stir-fry until just fragrant, about 30 seconds. Add the carrots, onion, bell pepper, and bamboo shoots; stir-fry until the vegetables begin to soften, 4-5 minutes. Stir in the shrimp and the pineapple juice mixture. Bring to a boil and cook, stirring occasionally, until thickened, about 2 minutes. Sprinkle with the peanuts.

Per serving (1 ¼ cups): 358 Calories, 11 g Fat, 1 g Saturated Fat, 0 g Trans Fat, 210 mg Cholesterol, 439 mg Sodium, 33 g Carbohydrates, 4 g Fiber, 33 g Protein, 112 mg Calcium. Points per serving: 7.

Source: Weight Watchers® Stir It Up Super Skillet Cookbook, published 2006, pg. 28