



SHRIMP LO MEIN

Hands-on time: 20 minutes

Total time: 20 minutes

Makes: 4 servings

This popular noodle dish mixes shrimp with fresh veggies to make a quick dinner that's almost as easy as takeout. The terms for frozen shrimp sizes, such as jumbo or large, aren't standardized, so focus on the number of shrimp in each bag (here, 21 to 24 per 450g bag) to ensure that they're the right size.

1 cup	sodium-reduced chicken broth
2 tbsp	oyster sauce
1 tbsp	cornstarch
1 tsp	sesame oil
1tbsp	vegetable oil
450 g	jumbo shrimp (21 to 24 count), peeled and deveined
280 g	fresh steamed chow mein noodles

1	carrot, sliced on the diagonal
1 cup	snow peas, trimmed and halved diagonally
1 cup	quartered button or cremini mushrooms
3	cloves garlic, minced
3	heads Shanghai bok choy, (about 225g), quartered

Stir together broth, oyster sauce, cornstarch and sesame oil. Set aside.

In wok or large nonstick skillet, heat 1 tsp of the vegetable oil over medium-high heat; sauté shrimp until pink and opaque throughout, about 2 minutes. Remove to plate.

In large saucepan of boiling water, cook noodles according to package instructions; drain.

Meanwhile, add remaining oil to wok; sauté carrot, snow peas, mushrooms

and garlic over medium-high heat until garlic is fragrant, about 1 minute. Add bok choy; sauté just until wilted, about 1 minute. Stir in broth mixture, shrimp and noodles. Cook, tossing, until sauce is thickened and noodles are coated, about 1 minute.

PER SERVING: about 361 cal, 27g pro, 7g total fat (1g sat.fat.), 46 g carb (3g dietary fibre, 2g sugar), 132 mg chol, 646 mg sodium, 578 mg potassium.
%RDI: 11% calcium, 36% iron, 63% vit A, 42% vit C, 19% folate.

CHANGE IT UP TOFU LO MEIN

Omit shrimp. Reduce vegetable oil to 2 tsp; use to cook vegetables only. Add 450 g fried tofu balls along with broth mixture. (Look for tofu balls near the wonton wrappers and tofu in the refrigerated section of the grocery store.)