

Shanghai Pasta

Ingredients:

- 8 Ounces dried thin spaghetti noodles
- 3 Tablespoons of soy sauce (choose reduced-sodium for lower mg)
- 1 Tablespoon of plum sauce
- 1 Teaspoon of toasted sesame oil
- ½ Teaspoon red chili paste (optional)
- 1 Tablespoon of vegetable oil
- 1 Cup any color of sweet pepper cut into bite size pieces
- 1 Cup pea pods, trimmed and cut into 1 inch pieces
- 12 Ounces of fresh or thawed frozen peeled and deveined large shrimp
- 2 Cloves of garlic, minced
- 1 Teaspoon of grated fresh ginger
- ¼ Teaspoon ground fresh pepper
- 2 Finely chopped green onions
- 2 Teaspoons sesame seeds, toasted



Directions:

1. Cook pasta according to package directions, drain and set aside.
2. For the sauce, in a small bowl stir together soy sauce, plum sauce, sesame oil and if desired chili paste; set aside.
3. Pour oil into the wok or large skillet; heat over medium-high heat. Add sweet pepper cook and stir for 5 minutes. Push from the center of the wok.
4. Add shrimp, garlic, ginger and black pepper to the center. Cook and stir for 2 to 3 minutes or until shrimp are opaque.
5. Stir in the sauce and pea pods, then the cooked spaghetti, heat through.
6. Sprinkle each serving with green onions and toasted sesame seeds.

Per serving: (makes 4 servings)

387 calories; 8g fat (1g sat. fat); 129mg cholesterol; 850mg sodium;
51g carbs; 3g fiber; 27g protein

