

BRC Healthy Meal of the Week

Shrimp Stir Fry with Chinese Cabbage, Carrots and Broccoli—Another Healthy and Delicious Meal!

Ingredients (Serves 2)

1 tablespoon peanut oil (or vegetable oil)
1 teaspoon chopped garlic
1 tablespoon freshly grated ginger
1 cup thinly sliced Chinese cabbage (bok choy)
1 cup thinly sliced carrots
1 cup broccoli florets, cut into small pieces
1 pound shrimp, peeled and deveined
freshly ground black pepper
1/4 cup light soy sauce

Cooking Instructions—Total Cooking Time

1. Heat the [peanut oil](#) in a skillet or wok large enough to accommodate all the ingredients over medium-high heat.
2. Add the garlic and ginger, and stir quickly for 30 seconds.
3. Turn the heat to high. Add the cabbage, then the carrots, then the [broccoli](#) and finally the shrimp, stirring quickly after each addition.
4. Season with pepper.
5. Add the [soy](#) sauce and cook until the shrimp are fully cooked and opaque, about 2 minutes.

Nutrition Facts

Serving Size is about 1 Cup

- Calories 130
- Protein 17 g
- Total Carbohydrate 6 g
- Dietary Fiber 2 g
- Soluble Fiber 1 g
- Insoluble Fiber 0 g
- Sugar 3 g
- Total Fat 4 g
- Saturated Fat 1 g
- Monounsaturated Fat 2 g
- Polyunsaturated Fat 1 g

