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Sesame-Orange Shrimp

Makes 4 servings.

Active Time: 30 minutes

Total Time: 30 minutes

Per Serving: 232 calories, 10 g fat, 168 mg cholesterol; 12 g carbohydrate, 21 g protein, 1 g fiber, 488 mg sodium, 327 mg potassium

Nutrition Bonus: Vitamin C (43% daily value), Iron (20% daily value)

These shrimp are super-easy to make – just coat them in a simple batter, cook them in a little oil and toss with a tangy sesame-orange sauce. The staff at Eating Well simply could not get enough of these delicious shrimp while we were developing this recipe. Serve with brown rice and steamed snow peas tossed with a little toasted sesame oil.

3 tablespoons sesame seeds (white, black or a mix)
2 large egg whites
1/4 cup cornstarch
1/4 teaspoon salt
1/4 teaspoon freshly ground pepper
1 pound raw U.S. shrimp (21 – 25 per pound, peeled and deveined)
2 tablespoons canola oil, divided
3/4 cup orange juice
1/4 cup dry sherry
2 tablespoons reduced-sodium soy sauce
1 teaspoon sugar
1 scallion, thinly sliced

1. Whisk sesame seeds, egg whites, cornstarch, salt and pepper in a large bowl. Add shrimp and toss to coat.

2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add half the shrimp and cook until golden, 1 to 2 minutes per side. Transfer to a paper towel-lined plate to drain. Repeat with the remaining 1 tablespoon oil and the rest of the shrimp; transfer to the plate.

3. Add orange juice, sherry, soy sauce and sugar to the pan. Bring to a boil and cook, stirring occasionally, until slightly thickened and reduced by half, 4 to 6 minutes. Return the shrimp to the pan and stir to coat with the sauce. Serve immediately, with scallion sprinkled on top.