

SPOTLIGHT RECIPE



Thompson
DeLight

Recipes under 450 calories

Shrimp And Snow Pea Noodles

- Soak the noodles in hot water for 5 to 10 minutes.
- Heat a tablespoon of olive oil in a sauté pan over medium-high heat. Add the shrimp and let it cook for 5 to 7 minutes or until the shrimp curls and turns orange. Pour the cooked shrimp on a plate, and wipe down the pan with a towel.
- Heat another tablespoon of olive oil in the pan. Add the onions. When they start to turn translucent, add the snow peas. Cover the pan with a lid for 2 to 3 minutes. If it looks like the pan is very dry, add a few tablespoons of water. Uncover the pan and add the mung bean sprouts and stir for another minute or 2.
- Add the noodles, sauces, green onion and garlic powder. Stir everything for another 2 minutes. Mix in the shrimp and the red pepper flakes. Serve immediately.

Ingredients

Makes 4 servings

- 8 ounces dry rice noodles
- 2 tablespoons olive oil
- 1 pound shrimp, shelled and deveined
- 1/2 small yellow onion, sliced
- 6 ounces snow peas
- 1 1/2 cups mung bean sprouts
- 1 tablespoon hoisin sauce
- 1 tablespoon chili garlic sauce
- 1 tablespoon low-sodium soy sauce
- 1 green onion, sliced
- 1/2 teaspoon garlic powder
- 1 teaspoon red pepper flakes (optional)

