

# Sesame Shrimp with Pineapple

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1	20 oz. can	pineapple chunks; canned (reserve juice)	1 ½	Tbs	vegetable oil
1/3	cup	orange juice	2	tsp	sesame oil
3	Tbs	vinegar (red wine)	1	Tbs	sesame seeds, toasted
3	Tbs	soy sauce (reduced sodium)	6	med size	carrots, thinly sliced
4	tsp	cornstarch	2	cups	pea pods (fresh, tips & strings removed)
1	tsp	sugar	1	lb	shrimp (fresh or frozen, raw, peeled, deveined, rinsed, drained)
½	tsp	ground ginger			
¼	teaspoon	crushed red pepper			

## Procedure

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1. Drain pineapple, reserving ½ cup juice. Set pineapple chunks aside.
2. In a small bowl mix together pineapple juice, orange juice, vinegar, soy sauce, cornstarch, sugar, ginger and crushed red pepper, set aside.
3. In a wok or large skillet heat vegetable & sesame oils, add sesame seeds. (Add additional oil during cooking if needed).
4. Cook over medium high heat 1 minute. Add the carrots, continue cooking, stirring constantly, about 2 minutes.
5. Add pea pods, continue cooking, stirring constantly, until veggies are crisp-tender (2 to 3 minutes).
6. Remove veggies from wok and set aside.
7. Place shrimp in hot wok. Cook over medium high heat, stirring constantly, until shrimp turn pink (4 to 5 minutes). Push shrimp to outer part of wok, away from the center.
8. Stir sauce, add sauce to center of wok. Cook, stirring constantly, until slightly thickened (1 to 2 minutes).
9. Return cooked veggies to wok. Add in the pineapple chunks, stir all ingredients to coat with sauce.
10. Cook, stirring constantly, until heated through (1 minute). Serve over hot rice or chow mein noodles.

Servings: 4

Yield: 1/4 per

Degree of Difficulty: Easy

Preparation Time: 25 minutes

Cooking Time: 11 minutes

Total Time: 36 minutes

## Nutrition Facts

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Serving size: 1/4 of a recipe (12.5 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	214.28
<b>Calories From Fat (34%)</b>	72.24
% Daily Value	
<b>Total Fat</b> 8.23g	17%
Saturated Fat 0.78g	5%
<b>Cholesterol</b> 2.28mg	1%
<b>Sodium</b> 694.59mg	39%
<b>Potassium</b> 933.83mg	36%
<b>Total Carbohydrates</b> 34.68g	15%
Fiber 7.62g	41%
<b>Protein</b> 3.73g	10%

## Recipe Type

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Main Dish, Seafood

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Feel free to pass it around to your friends.