



Weeknight Easy

MU SHU SHRIMP

TOTAL TIME 25 minutes
MAKES 4 main-dish servings

- 3 Tbsp. hoisin sauce
- 1½ Tbsp. lower-sodium soy sauce
- 1 Tbsp. toasted sesame oil
- ½ tsp. ground ginger
- 6 oz. shiitake mushrooms, stems discarded, thinly sliced
- 1 Tbsp. canola oil
- 1 bunch green onions, thinly sliced
- 3 cloves garlic, crushed with press
- 5 stalks celery, thinly sliced
- 1½ lbs. shelled deveined lg. shrimp (16 to 20 ct.), chopped
- 1 Tbsp. distilled white vinegar
- 16 leaves Boston or Bibb lettuce
- ½ c. roasted cashews, chopped

1. In med. bowl, stir together hoisin, soy sauce, sesame oil, ¼ tsp. ground ginger, and ¼ tsp. pepper. Add mushrooms, tossing to coat. Let stand at room temperature.

2. In 12-in. nonstick skillet, heat oil on med. Add green onions and garlic. Cook 1 min., stirring. Add celery and mushroom mixture, including marinade. Cook 3 min. or until mushrooms are almost tender, stirring occasionally.

3. Sprinkle shrimp with ¼ tsp. ground ginger and ¼ tsp. pepper.

4. To same skillet, add shrimp, vinegar, and 2 Tbsp. water. Cook 2 to 3 min. or until opaque, stirring often. Stir in cashews. Serve mixture in lettuce cups and with more hoisin, if desired.

EACH SERVING ♡ ♡ About 355 calories, 28 g protein, 24 g carbohydrate, 17 g total fat (3 g saturated), 4 g fiber, 215 mg cholesterol, 1,575 mg sodium.



FOR QUICK THAWING

To use frozen shrimp, place in a colander and rinse with cool water for 5 to 10 minutes

QUICK SWAPS

For a heartier dinner, wrap food in soft taco-size flour tortillas



To slash sodium 90%, sub in 1½ lbs. chicken (cook 4 to 6 min.) for shrimp



Shave off a few minutes of prep time: Use presliced creminis instead of shiitakes

