



Sriracha Shrimp Fried Rice is excerpted from [Right Size Recipes](#) © 2019 by General Mills. Photography © 2019 by General Mills. Reproduced by permission of Houghton Mifflin Harcourt. All rights reserved.

Sriracha Shrimp Fried Rice

Prep Time: 30 Minutes • Start to Finish: 30 Minutes • 2 servings (1½ cups each)

2 teaspoons vegetable oil

¼ lb uncooked deveined peeled medium shrimp, tail shells removed

1 teaspoon Sriracha sauce

1 red bell pepper, sliced into thin strips, then halved

½ cup fresh sugar snap peas, cut diagonally 3 medium green onions, cut diagonally, whites and greens separated

1 teaspoon finely chopped gingerroot

1 clove garlic, finely chopped

4 teaspoons gluten-free reduced-sodium soy sauce

1 tablespoon packed brown sugar

1½ cups hot cooked white rice (made without added salt or butter)

2 tablespoons lime juice

1 tablespoon sesame seed, toasted

1. In 10-inch nonstick skillet, heat 1 teaspoon of the oil over medium high heat. Add shrimp; cook 2 minutes without moving. Stir in Sriracha sauce; turn shrimp. Cook 1 minute longer. Spoon shrimp into small bowl; cover with foil.
2. Add remaining 1 teaspoon oil, the bell pepper, peas and whites of onions to skillet. Cook 2 to 3 minutes or until vegetables are tender, stirring constantly.
3. Add gingerroot and garlic; cook and stir about 30 seconds longer to blend flavors. Add soy sauce and brown sugar; cook 1 minute longer. Add rice; cook about 1 minute or until broken up and warmed.
4. Return shrimp to pan; cook 1 minute to combine flavors. Stir in lime juice. Top with onion greens and toasted sesame seed.

1 Serving: Calories 350; Total Fat 9g (Saturated Fat 1.5g, Trans Fat 0g); Cholesterol 85mg; Sodium 920mg; Total Carbohydrate 52g (Dietary Fiber 3g); Protein 16g Exchanges: 3 Other Carbohydrate, 1 Vegetable, 2 Very Lean Meat, 1½ Fat Carbohydrate Choices: 3½

Kitchen Tip: To toast sesame seed, sprinkle in small ungreased heavy skillet. Cook over medium-low heat 5 to 7 minutes, stirring frequently, until browning begins, then stirring constantly until golden brown.



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