Sweet and Spicy Shrimp

Servings 4

You'll Need - Take Out -

1/4 cup soy sauce measuring cups
2 teaspoons SPLENDA Granular measuring spoons

2 teaspoons cornstarch knife

½ teaspoon crushed pepper spoon

½ teaspoon sesame or peanut oil 10" skillet

1 small onion, sliced small bowl

1 small green bell pepper, sliced

1 medium carrot, thinly sliced (1/2 cup)

3/4 lbs. uncooked, peeled, de-veined large shrimp, thawed if frozen

- 1. Mix soy sauce, SPLENDA Granular, cornstarch and red pepper. Set aside.
- 2. Heat vegetable oil in 10" skillet over medium-high heat. Cook onion, bell pepper and carrot in oil 2 to 3 minutes, stirring occasionally, until crisp-tender.
- 3. Stir in soy sauce mixture and shrimp. Cook 3 to 5 minutes, stirring occasionally, until shrimp are pink and firm and sauce is thickened.

Calories 110 Sodium 1180 milligrams Carbohydrate 8 grams
Protein 14 grams Fat 1.5 grams Exchanges 2 very lean meat, ½ starch

Source: www.splenda.com

Points to Remember about the Sweet & Spicy Shrimp Recipe:

- 1. Low sodium soy sauce may be used to reduce the sodium.
- 2. Cook shrimp just until pink. Over-cooking will cause the shrimp to become tough.
- 3. This is a nice low fat dish.
- 4. Sesame oil provides extra flavor.

Lemon Chicken

4 5-ounce servings

You'll Need - Take Out -

12 oz. chicken breast tenders, cut in thirds

1 teaspoon cornstarch

1 tablespoon low sodium soy sauce

measuring spoons

1/4 cup fresh lemon juice measuring cups

1/4 cup low sodium soy sauce knife

1/4 cup fat free chicken broth spoon

1 teaspoon fresh ginger, minced frying pan

2 cloves garlic, minced small mixing bowl

2 teaspoons SPLENDA Granular medium mixing bowl

1 teaspoon cornstarch1 tablespoon vegetable oil

1/4 cup red bell pepper, sliced into 2-inch strips
1/4 cup green bell pepper sliced into 2-inch strips

- 1. Mix 1 tsp. cornstarch and 1 Tbsp. soy sauce in a small bowl. Add sliced chicken tenders. Place in refrigerator and marinate for 10 minutes.
- 2. Stir the lemon juice, 1/4 cup soy sauce, chicken broth, ginger, garlic, SPLENDA Granular and 1 tsp. cornstarch together in a medium sized mixing bowl.
- 3. Heat oil in medium size frying pan. Add chicken and cook over medium high heat for 3-4 minutes or until just done. Add sauce and sliced peppers. Cook 1-2 minutes more or until sauce thickens and peppers are slightly tender.

Calories 150 Sodium 380 milligrams Carbohydrates 5 grams Protein 22 grams Fat 4.5 grams Exchanges per serving: 3 very lean meats, 1 fat

Source: www.splenda.com

Points to Remember about the Lemon Chicken Recipe:

- 1. The red & green pepper gives color to this low-fat dish.
- 2. Canola oil or olive oil can be used for the vegetable oil. Both contain hearthealthy monounsaturated fats.
- 3. For a substitute for fresh ginger, minced or pureed ginger are preferred over ground ginger because of the taste. You can also freeze fresh ginger.
- 4. Two garlic cloves can be substituted for 1 teaspoon minced garlic or 1/4 teaspoon garlic powder.

Quick Glazed Pork Loin

6 Servings

You'll Need -	Take Out -
1 pork tenderloin (approx. 1 lb.)	measuring cups
1/4 cup water	measuring spoons
2 tablespoon tomato paste	small mixing bowl
1 tablespoon orange juice concentrate	13x9 inch baking pan
2 ½ teaspoons chili powder	knife 3 .
1 tablespoon SPLENDA Granular	fork
1 tablespoon white vinegar	spoon
1/8 teaspoon salt	·
1 package (14 oz.) frozen vegetable blend (about 3 cups)	

- 1. Preheat oven 425° F. Rinse pork loin and pat dry. Set aside.
- 2. Mix in small bowl, the water, tomato paste, orange juice concentrate, chili powder, salt, SPLENDA Granular, and white vinegar.
- 3. Place pork loin in a 13x9 inch pan. Cover with half of the glaze. Bake 15 minutes.
- 4. Remove pork loin from oven. Cover with remaining glaze. Place vegetables around pork loin. Bake an additional 15 minutes or until the vegetables are hot and the pork loin is completely cooked.*

*Pork loin is completely cooked when poked with a fork in the thickest section of the loin and juice runs clear.

Double the glaze recipe to make extra glaze for dipping or sauce.

Calories 210 Sodium 147 milligrams Carbohydrate 13 grams
Protein 26 grams Fat 5 grams Exchanges per serving: 3 very lean meats,

½ fat, 1 starch

Source: www.splenda.com

Points to Remember about the Quick Glazed Pork Loin Recipe:

- 1. Pork tenderloin is very low in fat and a good source of protein, B vitamins and iron.
- 2. A variety of fresh vegetables can be substituted for the frozen vegetables. Steam about 3 cups fresh vegetables until partially cooked before adding to pork. Choose vegetables such as carrots, onions, broccoli, & green beans.
- 3. Salt can be omitted to lower the sodium in this recipe.

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