

## Ginger Sesame Shrimp

1 pound medium shrimp, peeled and deveined  
1 tablespoon olive oil  
1 cup green onion, sliced  
2 tablespoons lite soy sauce  
2 tablespoons water  
1 tablespoon sesame seeds  
1 teaspoon garlic, minced  
1 teaspoon ground ginger or 1 teaspoon fresh ginger, grated

1. Heat olive oil in frying pan or wok
2. Add remaining ingredients
3. Cook over medium heat until shrimp is cooked

Substitution: Scallops

Calculations per serving 143 calories, 6g total fat, 129 mg cholesterol,  
1g saturated fat, 391 mg sodium  
Diabetic exchanges: 3 meat

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