

SESAME PRAWNS

Source: Seafood - A Collection of Heart-Healthy Recipes (J. Harsila & E. Hansen)

INGREDIENTS:

1 TBS polyunsaturated margarine
1 TBS light soy sauce
1/2 lb prawns or shrimp, peeled/de-veined
1 TBS sesame seeds
1/4 C green onions, diagonally sliced
1/4 tsp ground ginger (OR 1 tsp fresh ginger, grated)
Cooked wild rice

DIRECTIONS:

Heat margarine in frying pan or wok - add soy sauce, prawns & sesame seeds - cook over medium heat till shellfish is opaque (about 2-3 minutes). Stir in green onions & ginger - heat thoroughly - serve over wild rice.

Makes 2 servings

[per serving: 195 calories; 10 g fat; 515 mg sodium; 160 mg cholesterol]