

Sweet and Sour Shrimp with Oranges

Recipe Cookbook: Fabulous Food Associations Chapter: Sunkist

Prep Time: 5 minutes

Cooking Time: 15 minutes

INGREDIENTS:

1 medium onion, coarsely chopped
1 medium green bell pepper, coarsely chopped
3/4 C ketchup
Grated lemon zest, from 1/2 lemon
1 TBS cornstarch
3 TBS brown sugar
1/2 C fresh orange juice
1/4 tsp ground ginger (or 2 tsp fresh grated ginger root)
3 oranges, peeled, cut into bite-size pieces
20 small-medium cooked shrimp, with tails & shells removed (about 7 oz)
3 C cooked rice
Chopped fresh cilantro or parsley, for garnish (optional)

DIRECTIONS:

Spray a large non-stick skillet with non-stick vegetable spray - heat over medium-high heat. Add onion & green pepper - cook about 5 minutes till tender but not browned.

Add ketchup & lemon zest. Stir cornstarch with the brown sugar, orange juice & ginger till smooth. Add to sauce & cook, stirring, till thickened.

Add orange pieces & shrimp. Cook 1-2 minutes, till just heated through.

Serve over hot cooked rice, sprinkled with chopped cilantro & with lemon wedges, if desired.

Serves: 4