

Speedy and Spicy Shrimp Stir-Fry

Ingredients:

½ cup gluten-free low sodium chicken broth

2 tablespoon corn starch

1 tablespoon gluten-free light soy sauce

¼ teaspoon crushed red pepper flakes

Cooking spray

16 ounce bag frozen stir-fry vegetables

1 pound peeled and deveined shrimp

3 cups cooked quinoa or brown rice

Directions:

1. In a small bowl, whisk together chicken broth and corn starch, until corn starch dissolves. Whisk in soy sauce and red pepper flakes.
2. In a large nonstick skillet or wok, heat cooking spray over medium-high heat. Add frozen vegetables and cook for about 4 minutes.
3. Add chicken broth mixture to pan and bring to a simmer. Add shrimp and cook for 4 minutes or until shrimp is cooked through.
4. Serve over quinoa or brown rice.

