Shrimp Stir Fry

Serves 4

Ingredients:
- 2 tablespoons cornstarch
- 3/4 cup cold water
- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon garlic powder
- 1/2 teaspoon ground ginger
- 2 cups fresh broccoli florets
- 2 tablespoons olive oil
- 1 medium sweet red pepper, julienned
- 3 green onions, chopped
- 1 pound uncooked medium shrimp, peeled and deveined
- 1 cup frozen Oriental mixed vegetables, thawed
- 3 garlic cloves, minced
- 1/4 cup chopped peanuts

Directions:
1. In a small bowl, combine cornstarch and water until smooth. Stir in the soy sauce, garlic powder and ginger; set aside.

2. In a large nonstick skillet or wok, stir-fry broccoli in oil for 2 minutes. Add red pepper and onions; stir-fry for 2-3 minutes or until vegetables are crisp-tender. Add the shrimp, Oriental vegetables and garlic; cook 3 minutes longer.

3. Stir cornstarch mixture and stir into shrimp mixture. Add the peanuts. Bring to a boil; cook and stir for 2 minutes or until thickened.

Serve with brown rice.