Deb’s Shrimp with Glass Noodles

Serves 4

4 cups of water

6 ounces glass noodles(sweet potato flour noodles)

1 tablespoon sesame oil

½ pound large shrimp peeled and deveined

½ teaspoon salt

½ teaspoon pepper

1 tablespoon freshly grated ginger

2 cloves freshly grated or minced garlic

1 sweet bell pepper julienned

¼ cup Bermuda onion sliced thin

1 cup broccoli flowerets

1 cup cauliflower florets

½ sugar snap peas cut in half

½ cup stir fry sauce (bottled or see the recipe below)

I am stock pot bring the water to a boil.

Remove the water from the burner and add the sweet potato noodles and allow to rest.

Place a wok or large skillet on a medium high burner. Working fast add the oil and let heat one minute.

Add the shrimp to the pan and season with salt and pepper.

Add the ginger and garlic, tossing the shrimp frequently, once the shrimp curl and start to turn pink, remove the shrimp from the pan.

Add the peppers and onions and cook for 2 minutes.

Add the remaining vegetables and cook for 2 minutes longer tossing around to make sure everyone gets the same amount of heat from the bottom of the pan.

Add the stir fry sauce and cook 2 minutes longer.

Stir in the drained noodles and shrimp.

Toss several times to make sure the sauce is evenly distributed.

Stir Fry Sauce

6 tablespoon low sodium soy sauce

1 tablespoon honey

1 tablespoon rice wine vinegar

1 tablespoon Cornstarch

1 tablespoon orange juice

Whisk together. Make sure this sauce comes to a boil in the wok so that the cornstarch wil thicken.