



Recipe developed by Chef Paige Vondran

SHRIMP & BOK CHOY LO MEIN

	Ingredients	Exchanges
Protein	35.5 gm shrimp	3.7 (+3.7 gm)
Fat	33.7 gm butter	6 (+3.7 gm)
Carbohydrate	21.6 gm bok choy	0.8
	----- 14.2 gm tofu shirataki noodles	----- 0.5
Other	salt, pepper, onion powder, garlic powder ----- 2 Tbsp. Walden Farms® sesame ginger dressing	

DIRECTIONS

- Cook tofu shirataki noodles according to package directions.
- Melt butter in a medium pan on low heat.
- Cut the shrimp into small pieces; add to the pan. Season to taste.
- Add in chopped bok choy; sauté for about 5 minutes.
- Add in the Walden Farms™ sesame ginger dressing and sauté until the shrimp is completely cooked.
- Add the shirataki noodles to the shrimp and bok choy. Mix well.
- Serve warm.

VARIATIONS

- Other proteins can be used such as chicken, beef, or tofu.
- Other vegetables can be used for this recipe such as broccoli, carrots, or green beans.
- Smart Balance can be used in place of butter.
- Other dry seasonings could be added such as ginger or chili powder.
- Other pastas can be used such as cooked ramen noodles or spiralized zucchini.