



Grilled Tangerine Shrimp with Spicy Whole Wheat Pasta

Prep: 55 minutes plus marinating

Grill: 10 minutes • Serves: 4

- 1/3 cup fresh tangerine, clementine or orange juice
- 2 teaspoons chopped fresh cilantro
- 1 teaspoon minced garlic
- 1 teaspoon tangerine zest
- 1/2 teaspoon Lemon Grass Herb Blend* or chopped lemon grass
- 1/2 teaspoon sesame oil
- 1/4 teaspoon red pepper flakes
- 16-20 count tail-on raw peeled and deveined shrimp
- 4 ounces whole wheat angel hair pasta
- 8 (8-inch) wooden skewers
- 2 tablespoons less-sodium soy sauce
- 1 tablespoon rice vinegar
- 1/2 teaspoon chili garlic sauce
- 1/2 teaspoon vegetable oil
- 1 cup sliced shiitake mushrooms
- 2 cups coarsely chopped baby or regular bok choy (white and green parts)
- 1/2 cup shredded carrots
- 1/4 cup sliced green onions
- 4 cups shredded napa cabbage
- Black sesame seeds for garnish (optional)

1. In medium bowl, whisk together tangerine juice, 1 teaspoon cilantro, garlic, tangerine zest, Lemon Grass Herb Blend, sesame oil and red pepper flakes; reserve 2 tablespoons marinade. Place shrimp in large zip-top plastic bag, pour marinade over shrimp; seal bag, refrigerate 1 hour.

2. Meanwhile, in large saucepot, cook pasta as label directs. Soak skewers in water 20 minutes. In small bowl, whisk together soy sauce, rice vinegar and chili garlic sauce; stir in remaining 1 teaspoon cilantro. In large skillet, heat vegetable oil over high heat. Add mushrooms and cook 1 minute, stirring constantly. Add bok choy and carrots and cook 2 minutes, stirring constantly; remove skillet from heat.

3. Drain pasta and return to saucepot. Add soy sauce mixture, vegetable mixture and green onions; toss to combine. Cover and keep warm.

4. Prepare outdoor grill for direct grilling over medium heat. Remove shrimp from marinade; discard marinade. Double skewer shrimp (1 near top, 1 near tail), 4 shrimp per set of skewers leaving about 1/2 inch between shrimp. Place shrimp skewers on hot grill rack and cook 4 to 5 minutes per side or until opaque throughout and internal temperature reaches 145°.

5. Divide napa cabbage over 4 serving plates. Remove shrimp from skewers; place 4 shrimp over cabbage and drizzle with reserved marinade. Place noodles and vegetables next to shrimp, and garnish with sesame seeds, if desired.

**Lemon Grass Herb Blend can be found in the produce department.*

Approximate nutritional values per serving: 254 Calories, 3g Fat (11% of total calories), 1g Saturated Fat (4% of total calories), 100mg Cholesterol, 446mg Sodium, 37g Carbohydrates, 5g Fiber, 22g Protein

*Dietary Exchanges:
2 Starch; 3 Protein; 1 Fat*