

The Biosyntrx staff and consultants love this nutrient-dense recipe and voted to prepare it for this Wednesday's weekly in-house marketing meeting lunch. This recipe is another from the soon-to-be-published Beyond Carrots & Kale culinary guide to optimizing ocular health at any age, by one of the esteemed Biosyntrx Scientific Board Members, Sandra Young, OD

Shrimp with Bell Peppers and Snow Peas

Serves 4

Ingredients

1 tbsp organic cold-pressed high-oleic* canola oil
2 tbsp water
2 orange bell peppers, sliced
1 red bell pepper, sliced
8 oz snow peas, strings removed
2 large cloves garlic, minced
1/4 tsp sea salt OR 1 tsp tamari
1-1/4 lb shrimp, peeled and deveined
1 lemon, divided; half for juice and half cut into 4 wedges

*High-oleic oil is stable at high temperatures, making it safer cook to with. High-oleic oils are marked simply as "H-O".

Directions

Preheat a large non-stick sauté pan to medium-high heat. Add the oil, immediately followed by the bell peppers. Stirring constantly, sauté for 1-2 minutes. Add the snow peas and water. Stir, cover and steam for 2 minutes. Uncover and stir in the shrimp and garlic. Sauté an additional 2-3 minutes, stirring until the shrimp are pink. Add the lemon juice and serve with lemon wedges.

Alternatives

- > Wild Alaskan salmon may be substituted for the shrimp. Cut the salmon into bite-sized pieces. Add the salmon instead of the shrimp. Stir, cover and lower the heat to medium-low. Allow the salmon to cook 3-4 minutes or until cooked through. Add the lemon juice. Serve with lemon wedges.
- > For a vegetarian option, tofu can easily replace shrimp. Cut 1 lb firm tofu into 3/4" cubes. Add at the last moment, just to heat the tofu through.
- > Consider serving with buckwheat noodles for a source of complex carbohydrates.

Nutritional Data Per Serving (4 per recipe) using Shrimp

219 kcal 2.8 gm dietary fiber 30.8 gm protein

3.4 gm fat .46 gm Omega-3 (Salmon: 2085 mg Omega-3)

Snow Peas -- vitamins A, C, K and B1; manganese, folate, lutein, dietary fiber

Red Bell Peppers -- lutein, alpha-carotene, vitamins A, C

Orange Bell Peppers - great source of zeaxanthin, lutein, beta-carotene, vitamins A, C

Shrimp -- protein, tryptophan, selenium, vitamins D, B12, omega-3, astaxanthin

Lemon -- vitamin C

Garlic -- vitamin B and C; manganese

Salmon (if using) -- protein, tryptophan, selenium, omega-3