

Sweet and Sour Shrimp

1 lb. Oregon pink shrimp (or chunks of cooked fish)

$\frac{1}{2}$ cup firmly packed brown sugar

2 T, cornstarch

$\frac{1}{4}$ cup water

$\frac{1}{4}$ cup finely chopped green onions

$\frac{1}{2}$ cup vinegar

$\frac{1}{4}$ cup soy sauce

$\frac{1}{3}$ cup pineapple juice

1 (8 oz.) can drained pineapple chunks

$\frac{1}{2}$ green pepper, cut in 1 " cubes

Cooked rice

Combine sugar, cornstarch and water in medium saucepan; stir. Add all remaining ingredients except pineapple chunks, green pepper, seafood and rice. Cook over medium heat, stirring occasionally. Bring to boil and cook approximately 5 minutes, until thickened and clear. Add pineapple chunks, green pepper and seafood. Heat through. Serve with cooked rice. Makes 4-6 servings.

MICROWAVE: In 1-quart bowl combine cornstarch, water and sugar; stir. Add all remaining ingredients except pineapple chunks, green pepper, seafood and rice. Cook at full power for approximately 5 minutes, stirring once each minute, until thick and clear. Add pineapple chunks, green pepper and seafood. Heat an additional minute.