Shrimp and Broccoli in Garlic Sauce

- [ ] 2 pounds cooked large shrimp, peeled and deveined (fresh or frozen)
- [ ] 1-2 pounds fresh broccoli florets
- [ ] 8-ounce can water chestnuts
- [ ] 4 garlic cloves
- [ ] 3 tablespoons rice wine vinegar
- [ ] 1/2 cup beef broth
- [ ] 2 tablespoons soy sauce
- [ ] 2 tablespoons oyster sauce
- [ ] 1/2 tablespoon cornstarch
- [ ] 2 teaspoons Splenda or Sweet'N Low
- [ ] Cooking spray