

Shrimp Singapore

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Servings: 3

1 pound shrimp, cooked
1 tablespoon margarine
1 tablespoon flour
1 teaspoon curry powder
1/2 teaspoon salt
dash cayenne pepper
1 cup chicken stock
2 bananas
hot cooked rice

Melt the butter in a large skillet. Add the curry powder, flour, salt and cayenne. Gradually add the chicken stock, stirring until smooth. Cook over moderate heat until smooth and thick.

Peel the bananas. Cut into halves, crosswise; then split the halves lengthwise. Place in the sauce. Cover and cook gently for 5 minutes.

Add the shrimp. Heat through.

Serve over hot rice.

Per Serving (excluding unknown items): 286 Calories; 7g Fat (22.1% calories from fat); 32g Protein; 22g Carbohydrate; 2g Dietary Fiber; 230mg Cholesterol; 1341mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Fruit; 1 Fat.