

Shrimp with Curried Lime Carrots

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Servings: 6

Preparation Time: 20 minutes

Cook time: 6 minutes

1 pound fresh or frozen large shrimp in shells, peeled and deveined

1/2 teaspoon ground cumin

1/2 teaspoon ground turmeric

1/4 teaspoon salt

1/8 teaspoon ground cardamon

1/8 teaspoon cayenne pepper

4 medium carrots, peeled and thinly biased-sliced

2 tablespoons (1) green onion, chopped

2 tablespoons lime juice

1 tablespoon honey

1/2 teaspoon lime peel, finely shredded

Thaw the shrimp, if frozen.

In a medium bowl, combine the cumin, turmeric, salt, cardamon and cayenne. Remove 3/4 teaspoon of the mixture to another medium bowl.

Add the shrimp to the first bowl. Add the carrots to the second bowl. Toss each bowl to coat.

Place a steamer basket in a saucepan. Add water to just below the bottom of the basket. Bring the water to a boil.

Add the carrots to the steamer basket. Cover and reduce the heat. Steam for 3 minutes.

Add the shrimp. Cover and steam for 3 to 5 minutes more or until the shrimp are opaque and the carrots are tender.

Transfer the shrimp and carrots to a serving platter. Sprinkle with green onion.

In a small bowl, combine the lime juice and honey.

Drizzle over the shrimp and carrots.

Sprinkle with lime peel.

Per Serving (excluding unknown items): 36 Calories; trace Fat (3.7% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates.