

## **Shrimp-and-Apple Curry with Golden Raisins**

**SOURCE:** Cooking Light, MARCH 2001 ([www.cookinglight.com](http://www.cookinglight.com))

### **INGREDIENTS:**

1 TBS butter  
1 C chopped peeled Granny Smith apple  
3/4 C chopped shallots  
2/3 C diced celery  
1 tsp bottled minced garlic  
2 TBS all-purpose flour  
1 TBS curry powder  
1 1/3 C 2% reduced-fat milk  
1/2 C golden raisins  
1 (15.75-oz) can fat-free, less-sodium chicken broth  
1 1/2 lbs peeled/de-veined large shrimp  
1/4 tsp salt  
1/4 tsp freshly ground black pepper

### **DIRECTIONS:**

Melt butter in large nonstick skillet over medium-high heat - add apple, shallots, celery + garlic - sauté 5 minutes or till lightly browned - stir in flour + curry powder - cook 1 minute, stirring frequently. Gradually add milk, raisins + broth, whisking constantly - bring to boil, stirring frequently. Reduce heat and simmer till thick (about 5 minutes). Stir in shrimp, salt + pepper - cook 3 minutes or till shrimp are done.

Yield: 4 servings (serving size: 1 C)

**NUTRITION PER SERVING: CALORIES 381 (19% from fat); FAT 7.9g (sat 3.4g, mono 1.8g, poly 1.4g); PROTEIN 41.1g; CARB 36.3g; FIBER 2.6g; CHOL 273mg; IRON 5.7mg; SODIUM 734mg; CALC 231mg**