

# Shrimp and Coconut Milk Curry

**Makes 6 servings.**

Diluting the rich coconut milk that is used in many Asian curries with evaporated skim milk reduces the saturated fat considerably.

- 1 teaspoon vegetable oil, preferably canola oil
- 1 large onion, chopped
- 1 red bell pepper, cored, seeded and chopped
- 3 cloves garlic, minced
- 1 jalapeno pepper, seeded and minced
- 2 tablespoons curry powder, preferably Madras
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon ground cardamom
- 1 (12-ounce) can evaporated skim milk
- ¼ cup unsweetened coconut milk
- 1½ pounds large shrimp, peeled and deveined
- 2 tablespoons fresh lime juice (about 1 lime)
- 1 tablespoon cornstarch
- ⅓ cup chopped fresh cilantro
- Salt and freshly ground black pepper to taste

■ Heat oil in a large, heavy saucepan over medium heat. Add onions and bell peppers; saute until softened, about 5 minutes.

■ Add garlic, jalapeno, curry powder, cumin, coriander and cardamom; saute until aromatic, about 2 minutes more. Reduce heat to low and pour in evaporated milk and coconut milk. Bring to a simmer, stirring to prevent scorching.

■ Simmer for 5 minutes. Add shrimp and cook, uncovered, until shrimp are pink and curled, 10 to 12 minutes.

■ In a small bowl, combine lime juice and cornstarch; stir until smooth. Add to the shrimp mixture and cook, stirring constantly, until thickened. Stir in cilantro and season with salt and pepper. Serve over rice.

■ **Nutritional information per serving:** 231 calories, 29 grams protein, 6 grams fat, 16 grams carbohydrate, 239 milligrams sodium, 177 milligrams cholesterol.