



friday

CURRIED SHRIMP AND POTATO KEBABS

12 new or baby potatoes
3 tablespoons canola oil
2 tablespoons chopped fresh cilantro
1 tablespoon curry powder
3 cloves garlic, minced
¼ teaspoon salt
20 peeled and deveined raw shrimp
½ cup nonfat plain yogurt
1 teaspoon lime juice

Preheat grill to medium.

Place potatoes in a microwavesafe container. Cover and microwave on high until just tender when pierced with a fork, 3 to 3½ minutes. Meanwhile, combine oil, cilantro, curry powder, garlic and salt in a large bowl. Reserve 2 tablespoons of the mixture in a small bowl. Add shrimp and the potatoes to the large bowl; toss to coat. Thread the shrimp and potatoes onto four 12 inch skewers.

Grill the kebabs, turning once, until the shrimp are pink and the potatoes are browned, 2 to 3 minutes per side.
Stir yogurt and lime juice into the small bowl of reserved sauce.

Serve each kebab with 2 tablespoons sauce.

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Serves 4

Active Time: 30m

Total Time: 30m

NUTRITION FACTS

Amount per serving:

Calories: 246

Total Fat: 12g

Saturated Fat: 1g

Monounsaturated Fat: 7g

Cholesterol: 143mg

Sodium: 342mg

Carbohydrates: 15g

Dietary Fiber: 1g

Total Sugars: 2g

Added Sugars: 0g

Protein: 19g

Potassium: 243mg