

Curried Shrimp And Baby Vegetables

Makes 4 servings.

Ingredients

- ¼ cup (½ stick) unsalted butter
- 3 cloves garlic, minced
- 1 teaspoon minced fresh ginger
- 1 teaspoon mustard seed
- 1 teaspoon salt, or to taste
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- ½ teaspoon cayenne pepper
- 2 small red onions, sliced
- 16 baby carrots (or finger-size carrot pieces)
- 1 red and 1 yellow bell pepper, cored, seeded and cut into thin strips
- 8 baby zucchini, halved lengthwise (or larger zucchini cut into 16 finger-size pieces)
- 1½ pounds shrimp, peeled and deveined
- Juice of 2 oranges
- 1 cup plain yogurt

Directions

1. In large skillet, melt butter and saute garlic, ginger and mustard seed 3 minutes over medium heat.
2. Add salt, cumin, coriander, turmeric, cayenne, onions, carrots, bell peppers, zucchini and shrimp.
3. Saute, stirring constantly, 5 to 7 minutes, until shrimp begin to change color. Add orange juice.
4. Cook 2 minutes more over medium heat to reduce liquid. Remove from heat and stir in yogurt.