

# APO E Shrimp Curry

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## Ingredients:

4 oz. cooked, peeled, de-veined shrimp  
1/8 tsp. cayenne  
2 small cooked and diced potatoes  
1 tsp tomato paste  
1/2 tsp honey mustard  
1tbsp lime juice  
Yogurt

1 tsp. cumin powder  
1/8 tsp paprika  
1/4 tsp red pepper  
1/4 tsp whole wheat flour  
1/4 tsp dried lavender  
2 tbsp low-fat soy

## Directions:

Mix all ingredients in bowl: chill for at least 1-2 hours before serving

1 serving:

Carbohydrate - grains = 2

Protein = 4

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