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Subject: Thai Shrimp From LHJ
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THAI SHRIMP FROM LHJ ONLINE <http://www.lhj.com>
Thai chiles give this dish a nice kick--and the fresh cilantro adds just the right finishing touch.

Prep time: 15 minutes plus standing
Cooking time: 6 to 7 minutes
Degree of difficulty: Easy

- 1 onion, minced
- 2 teaspoons minced fresh ginger
- 1 teaspoon minced garlic
- 1 teaspoon Asian fish sauce (nuoc mam or nam pla)
- 1/4 teaspoon salt
- 2 Thai chiles, chopped
- 1 pound medium shrimp, peeled and deveined
- 2 teaspoons vegetable oil
- 1 cup unsweetened coconut milk
- 1/4 cup chopped fresh cilantro
- Cooked rice

1. Combine onion, ginger, garlic, fish sauce, salt, chiles and shrimp in medium bowl. Let stand 20 minutes.
2. Heat oil in large skillet over high heat. Add shrimp mixture; stir-fry until opaque. Stir in coconut milk; cook 2 minutes. Sprinkle with cilantro and serve with cooked rice. Makes 4 servings.

PER SERVING WITHOUT RICE
Calories 250
Total Fat 16 g
Saturated Fat 11.5 g
Cholesterol 140 mg
Sodium 338 mg
Carbohydrates 7 g
Protein 21 g
Calcium 70 mg
Fiber 1 g

DAILY GOAL
Calories 2,000 (F), 2,500 (M)
Total Fat 60 g or less (F), 70 g or less (M)
Saturated Fat 20 g or less (F), 23 g or less (M)
Cholesterol 300 mg or less
Sodium 2,400 mg or less
Carbohydrates 250 g or more
Protein 55 g to 90 g
Calcium 1,000 mg (F), 1,000 mg (M)
Fiber 20 g to 35 g