



## Coconut Curry Shrimp

*Regular Texture Diet*

Yield: 12 oz

### *Ingredients:*

- 10-12 shrimp, frozen, raw, thawed
- 1 Tbsp West Indian Blend Spice mix
- ½ Tbsp dried dill
- ¼ cup unsweetened, shredded coconut
- 1 clove garlic, minced

### *Method of Preparation:*

1. Heat oven to 375 degrees.
2. Place shrimp in an oven safe baking dish. Add all the remaining ingredients to baking dish. Using your hand, mix the shrimp around to completely coat with seasoning. Arrange evenly in the pan. It's okay if they aren't in a single layer; you just don't want some parts of the dish to have shrimp piled 4 high and in other places just in a single layer.
3. Place shrimp in oven. Cook for 15-20 minutes. When the shrimp turn pink and have slightly started to curl they are done.

### **West Indian Blend Spice Mix**

- Curry powder 2 oz.
- Ground cumin 2 oz.
- Paprika 2 oz.
- Ground allspice 2 oz.
- Ground ginger 2 oz.
- Ground turmeric 2 oz.

### *Method of Preparation*

1. Gather all of your ingredients and equipment.
2. Pour all ingredients into a 20 oz. jar with tight-fitting lid. Shake well to combine.

### **Sautéed Greens (Vegan) – Regular texture foods**

- 1 TB olive oil
- 2 cloves garlic, peeled and sliced
- 1 bunch greens (swiss chard, kale, spinach, collards, etc.)
- ¼ tsp soy sauce

### *Method of Preparation*

1. Heat olive oil in sauté pan over medium heat.
2. Remove the thick part of the stem on each leaf of the greens. Give the de-stemmed leaves a rough chop just to make smaller pieces.
3. Add garlic to the warm oil. Then place greens into pan. Let cook for about a minute, then using tongs start to flip and move the greens around in the pan until they are wilted to desired texture.



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*Recipe courtesy of Kimberly Maloomian, RD, LDN prepared in collaboration with Viviane Fornasaro-Donahue, MS, RDN, LDN*