

## Shrimp With Tomato-Chili Sauce

3/4 cup chopped green pepper  
2 tablespoons finely chopped shallots or onions  
1 tablespoon finely chopped jalapeño pepper  
2 cloves garlic, minced  
2 teaspoons olive or vegetable oil  
1 teaspoon dried basil leaves  
1 teaspoon dried mint leaves  
1 tablespoon minced parsley  
1/2 cup chicken broth  
3 tablespoons ketchup  
3 tablespoons rice wine or cider vinegar  
3 tablespoons light reduced sodium soy sauce  
3 tablespoons sugar substitute ( Equal or Splenda)  
1 pound large de-veined, peeled shrimp, cooked (warm or chilled)

1. Sauté green pepper, shallots, jalapeño pepper and garlic in oil until tender in small saucepan. Stir in herbs; cook over medium heat 1 minute. Stir in broth, catsup, vinegar and soy sauce; heat to boiling.
2. Reduce heat and simmer, uncovered, until cooked to thick sauce consistency (about 1 cup). Remove from heat and let stand 2 to 3 minutes; stir in sweetner.
3. Serve warm with shrimp.

Makes 4 servings.

### **Nutrition information per serving:**

Calories: 160  
Saturated Fat: <1 g  
Carbohydrates: 9 g  
Fiber: <1 g  
Total Fat: 4 g