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**Prevent and Protect**  
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**CURRIED SHRIMP-AND-CORN CHOWDER**  
**(SOUTHERN LIVING MAGAZINE - APRIL 2011) SERVES 8**

- 1 medium-size sweet onion, diced**
- 2 tablespoons olive oil**
- 2 garlic cloves, chopped**
- 2 large Yukon gold potatoes (14 oz.), peeled and diced**
- 1 large sweet potato (1 lb.), peeled and diced**
- 2 cups fresh corn kernels (about 5 ears)**
- 1 (14-oz) can chicken broth**
- 1 (13.5-oz) can unsweetened lite coconut milk**
- 2 teaspoons curry powder**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 1 lb. peeled, large raw shrimp (26/30 count)**

**Toppings: toasted coconut, thinly sliced green onions, coarsely chopped roasted peanuts**

- Sauté onion in hot oil in a Dutch oven over medium heat 5 minutes or until tender; add garlic, and sauté 1 minute.
- Add Yukon gold potatoes and next 7 ingredients; bring to a boil, stirring often.
- Reduce heat and simmer, stirring occasionally, for about 25 minutes or until potatoes are tender.
- Stir in shrimp; cook 4-5 minutes or just until shrimp turn pink.
- Season with salt and pepper to taste. Serve with desired toppings.

Not a curry fan? Make this dish a more traditional chowder by substituting 1 (12-oz) can evaporated milk for lite coconut milk, and omit the curry powder.