

# New Orleans Shrimp & Cauliflower Grits



*This rich and creamy recipe is a lighter take on the southern classic Shrimp & Grits recipe. It is lower in calories and sodium but full of flavor and fiber to leave you feeling satisfied.*

## CHEF'S NOTES

A "slurry" is a mixture of cornstarch and water, used as a thickening agent in sauces. No-salt added stock can be used to replace the water in the Grits recipe, if desired.

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>30 MIN</b>	<b>TOTAL TIME</b> <b>60 MIN</b>
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## INGREDIENTS

### For the Grits:

1 head	Cauliflower
1 ½ cups	Water
1 cup	Milk, 1% or reduced fat
1/4 tsp	Kosher Salt
½ cup	Grits, yellow or white
1 Tbsp	Unsalted Butter, softened
2 Tbsp	Parmesan Cheese, shredded
½ cup	Cheddar Cheese, reduced fat, shredded
1/8 tsp	Cayenne Pepper
½ tsp	Smoked Paprika
¼ tsp	Black Pepper

### For Garnish:

1 each	Lemon, cut into wedges
2 each	Green Onions, thinly sliced

### For the Shrimp:

1 lb.	Shrimp, peeled and deveined
1 Tbsp	Salt-free Creole Seasoning (separate recipe)
1 Tbsp	Olive Oil, <u>divided</u>
1 each	Onion, yellow, small dice
1 each	Bell Pepper, red, small dice
2 each	Celery Stalk, small dice
4 cloves	Garlic, fresh, minced
1 Tbsp	Worcestershire Sauce
2 cup	Vegetable or Seafood Stock, homemade or no-salt added
1/8 tsp	Cayenne Pepper
1/4 tsp	Kosher Salt
2 tsp	Cornstarch
3 tsp	Water

## DIRECTIONS

Gather all necessary equipment and ingredients.

### For the grits:

1. Remove the outer leaves and the inner stalk of the cauliflower. Place in a food processor or blender and pulse until cauliflower is in small pieces, resembling the size of grits.
2. In a large pot, combine the water, milk, and salt and place on stovetop over medium heat and bring to a boil. Reduce to a simmer.
3. When liquid is simmering, add the chopped cauliflower and cook until softened, stirring occasionally, about 7 minutes.
4. Once cauliflower begins to soften, add the grits and cook for 5 more minutes, stirring often to prevent sticking. Cook the mixture until the grits are creamy. If too thick, add a little water.
5. Remove the pot from the heat and slowly mix in the butter, cheeses, cayenne, smoked paprika, and black pepper.

For the Shrimp:

1. In a medium bowl, toss the peeled and deveined shrimp with the Creole seasoning.
2. Heat a large sauté pan over medium-high heat. Once hot, add ½ Tbsp of the oil.
3. Allow the oil to fully coat the bottom of the pan and add shrimp in a single layer. Sear both sides of shrimp until they are pink, opaque and curled, about 1-2 minutes per side (shrimp should reach an internal temperature of 145°F).
4. Once cooked, transfer the shrimp to a clean bowl or plate and set aside.
5. Without cleaning the pan, add the remaining ½ Tbsp oil and the onion, sautéing over medium-high heat until onions become translucent and lightly browned, about 3 minutes.
6. Add the bell pepper and sauté for another 2 minutes. Add celery and sauté for 1 minute, then stir in the garlic.
7. Add the Worcestershire sauce, stock, cayenne, and salt. Stir, scraping any brown bits from the bottom of the pan using a wooden spoon.
8. Lower the heat to medium-low and let the liquid reduce by half, about 3-4 minutes, stirring occasionally.
9. Meanwhile, in a small bowl, combine the cornstarch with 3 tsp water. Stir to combine well. Add this "slurry" to the sauce and increase the heat to bring the mixture to a boil.
10. When sauce has thickened, turn off the heat and add the shrimp back to the pan. Stir to combine. Serve the shrimp over the cauliflower grits, finish with a squeeze of lemon and sliced green onion. Enjoy!

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving 3/4 cups grits w/ 1 cup shrimp and</b>	
<b>Size vegetables (450 g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value *</b>	
<b>Total Fat 6g</b>	<b>8%</b>
Saturated Fat 2g	11%
Trans Fat 0g	
<b>Cholesterol 130mg</b>	<b>44%</b>
<b>Sodium 510mg</b>	<b>22%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 4g	14%
Total Sugars 8g	
Contains less than 1g Added Sugars	1%
<b>Protein 23g</b>	<b>46%</b>
Vitamin D 0.5mcg	3%
Calcium 210mg	16%
Iron 2mg	9%
Potassium 700mg	15%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

