# New Orleans Shrimp & Cauliflower Grits

Enjoy this lighter take on a classic Southern dish without sacrificing flavor. Our version is lower in calories, saturated fat, and sodium but still satisfies with cheesy grits and rich, saucy shrimp.

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	30 MIN	60 MIN

### INGREDIENTS

For the Grits:

1 head	Cauliflower, core removed and cut into florets (about 3 cups)
1 ½ cups	Water
1 cup	Milk, 1% low-fat
¼ tsp	Kosher Salt
½ cup	Grits, yellow or white
1 Tbsp	Unsalted Butter, softened
½ cup	Cheddar Cheese, shredded
2 Tbsp	Parmesan Cheese, grated
½ tsp	Smoked Paprika
¼ tsp	Black Pepper
1/8 tsp	Cayenne Pepper (optional)



## CHEF'S NOTES

A slurry is a mixture of cornstarch and water, used as a thickening agent in sauces, soups, and stews. Once added to a boiling liquid, the slurry will produce a thickened, glossy sauce.

For the Shrimp:

1 lb 2 Tbsp	Shrimp, peeled and deveined Salt-free Creole Seasoning (separate
	recipe)
4 tsp	Olive Oil, <u>divided</u>
l each	Onion, yellow, small dice
l each	Red Bell Pepper, small dice
2 stalks	Celery, small dice
4 cloves	Garlic, minced
2 ½ cup	Vegetable or Seafood Stock,
	homemade or no-salt added
2 Tbsp	Worcestershire Sauce
1/4 tsp	Kosher Salt
1/8 tsp	Cayenne Pepper (optional)
2 tsp	Cornstarch
2 Tbsp	Water

For Garnish:1 each4 stalksGreen Onions, thinly sliced

## DIRECTIONS

Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

For the grits:

- 1. Place the cauliflower florets in a food processor or blender and pulse until cauliflower is in small pieces, resembling the size of rice or grits.
- 2. In a large saucepot, 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 6 -8 minutes.
- 4. Once the cauliflower is softened, 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.

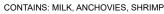
## Nutrition Facts Found on the Reverse Side

5. Remove the pot from the heat and slowly mix in the butter, cheddar and parmesan cheeses, smoked paprika, black pepper and cayenne (if using).

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 2 teaspoons olive oil and swirl to evenly coat the pan.
- 3. Using tongs, add the seasoned shrimp in a single layer. Cook undisturbed, until lightly browned and starting to curl, about 1-2 minutes. Flip the shrimp to finish cooking on the other side, about 1-2 more minutes. Remove the cooked shrimp to a clean plate and set aside.
- 4. Without cleaning the pan, add the remaining 2 teaspoons and the onion, sautéing over mediumhigh heat until onions become lightly browned and translucent, about 2-3 minutes.
- 5. Add the bell pepper and celery and sauté for another 2-3 minutes. Add the garlic and continue to cook until fragrant, about 30-60 seconds.
- 6. Add the stock, Worcestershire sauce, salt, and cayenne (if using) and use a wooden spoon to scrape any brown bits from the bottom of the pan.
- 7. Lower the heat to medium-low and let the liquid reduce by half, about 3-4 minutes, stirring occasionally.
- 8. Meanwhile, in a small bowl make the slurry: combine the cornstarch with 2 tablespoons water. Use a fork and stir until fully dissolved. Add this "slurry" to the sauce and increase the heat to bring the mixture to a boil, allowing the sauce to thicken.
- 9. Once the sauce has thickened, turn off the heat and add the shrimp back to the pan. Stir to combine. Serve the shrimp mixture over the grits and garnish with a squeeze of lemon and sliced green onion.

Nutrition   6 servings per container   Serving size   3/4 cup grits + 1 cup shrim   (474g)	
Amount Per Serving Calories	280
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 140mg	47%
Sodium 460mg	20%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes <1g Added Sugars	1%
Protein 23g	46%
Vitamin D 0.5mcg	2%
Calcium 240mg	20%
Iron 1.8mg	10%
Potassium 730mg	15%
* The % Daily Value (DV) tells you how much food contributes to a daily diet. 2,000 ca general nutrition advice.	













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