

New Orleans Shrimp and Cauliflower Grits



Ingredients

- *For the grits:*
 - 1 head Cauliflower, core removed, 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)
- *For the shrimp:*
 - 1 lb shrimp, peeled and deveined
 - 2 Tbsp Salt free creole seasoning (separate recipe)
 - 4 tsp Olive oil, divided
 - 1 Onion, yellow, small dice
 - 1 Red bell pepper, small dice
 - 2 stalks Celery, small dice
- 4 cloves Garlic, minced
- 2 ½ cup Vegetable or seafood stalk, homemade or no salt added
- 2 Tbsp Worcestershire sauce
- ¼ tsp Kosher salt
- 1/8 tsp cayenne pepper (optional)
- 2 tsp Cornstarch
- 2 Tbsp Water
- *For garnish:*
 - 1 Lemon, cut into wedges
 - 4 stalks Green onion, thinly sliced

Directions

1. For the grits: 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.
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).
6. For the shrimp: In a medium bowl, toss the peeled and deveined shrimp with the creole seasoning.
4. Heat a large sauté pan over medium-high heat. Once hot, add 2 teaspoons olive oil and swirl to evenly coat the pan.
8. 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.

Nutrition Facts

6 servings per container

Serving size

**3/4 cup grits + 1 cup shrimp & sauce
(474g)**

Amount Per Serving

Calories

280

% Daily Value*

Total Fat 10g	13%
Saturated Fat 4g	20%
<i>Trans Fat</i> 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 a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, ANCHOVIES, SHRIMP

Directions, continued

- Without cleaning the pan, add the remaining 2 teaspoons olive oil and the onion, sautéing over medium high heat until onions become lightly browned and translucent, about 2-3 minutes.
- 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.
- 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.
- Lower the heat to medium-low and let the liquid reduce by half, about 3-4 minutes, stirring occasionally.
- 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.
- 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.

Notes
