Shrimp & Cauliflower Grits

If this recipe gets reheated, add a little water to the mixture.

**U.S.**

For the Shrimp:
1 lb Shrimp, peeled and deveined
1 Tbsp Olive Oil
2 Tbsp Lemon Juice
4 cloves Garlic, fresh, minced
To Taste Pepper, freshly ground

For the Grits:
1 small head Cauliflower (or ½ large head)
1 1/2 cups Water
1 cup Milk, 1%
1/8 tsp Salt
1/2 cup Quick Grits
1 Tbsp Unsalted Butter, softened
2 Tbsp Parmesan Cheese, shredded
1/2 cup Sharp cheddar Cheese, shredded
1/8 tsp Cayenne Pepper
1 Tbsp Smoked Paprika
To Taste Black Pepper, fresh ground
1/4 cup Chives, chopped

**Metric**

For the Shrimp:
455 g Shrimp, peeled and deveined
15 mL Olive Oil
30 mL Lemon Juice
4 cloves Garlic, fresh, minced
To Taste Pepper, freshly ground

For the Grits:
1 small head Cauliflower (or ½ large head)
355 mL Water
237 mL Milk, 1%
.37 g Salt
56.5 g Quick Grits
28.25 g Unsalted Butter, softened
12 g Parmesan Cheese, shredded
56.5 g Sharp cheddar Cheese, shredded
.37 g Cayenne Pepper
9 g Smoked Paprika
To Taste Black Pepper, fresh ground
15 g Chives, chopped

**Preparation:**

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
3. In a large mixing bowl, combine the shrimp, olive oil, lemon juice, garlic, salt and pepper and toss so that all of the shrimp are evenly coated.
4. Using a slotted spoon, place the shrimp onto a baking sheet. Place in the oven and bake until bright pink, approximately 7-10 minutes.
5. Remove the shrimp from the oven and cover to keep warm.

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. Place a large pot over medium-high heat; add water, milk and salt. Bring the liquid to a boil.
3. Add the cauliflower into the boiling mixture and cook until softened (~7 min). Stir occasionally to prevent sticking.
4. Once cauliflower begins to soften, add in the grits and cook an additional 5 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, black pepper and chives.
6. Serve the shrimp over the grits, and enjoy immediately!

**Nutrition Facts on Reverse**
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>3/4 cup grits, 2-3 oz shrimp</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Servings</strong></td>
<td>5</td>
</tr>
<tr>
<td>Calories</td>
<td>322</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>120</td>
</tr>
<tr>
<td>Total Fat</td>
<td>14 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7 g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>132 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>395 mg</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>22 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5 g</td>
</tr>
<tr>
<td>Protein</td>
<td>24 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>50 %</td>
</tr>
<tr>
<td>Calcium</td>
<td>29 %</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>81 %</td>
</tr>
<tr>
<td>Iron</td>
<td>15 %</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>0 mg</td>
</tr>
</tbody>
</table>