



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	455 g
1 Tbsp	Olive Oil	15 mL
2 Tbsp	Lemon Juice	30 mL
4 cloves	Garlic, fresh, minced	4 cloves
To Taste	Pepper, freshly ground	To Taste

For the Grits:

1 small head	Cauliflower (or 1/2 large head)	1 small head
1 1/2 cups	Water	355 mL
1 cup	Milk, 1%	237 mL
1/8 tsp	Salt	.37 g
1/2 cup	Quick Grits	56.5 g
1 Tbsp	Unsalted Butter, softened	28.25 g
2 Tbsp	Parmesan Cheese, shredded	12 g
1/2 cup	Sharp cheddar Cheese, shredded	56.5 g
1/8 tsp	Cayenne Pepper	.37 g
1 Tbsp	Smoked Paprika	9 g
To Taste	Black Pepper, fresh ground	To Taste
1/4 cup	Chives, chopped	15 g

Preparation:

1. Gather all ingredients and equipment.
1. 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

Serving size	3/4 cup grits, 2-3 oz shrimp
Servings	5
Calories	322
Calories from Fat	120
Total Fat	14 g
Saturated Fat	7 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	132 mg
Sodium	395 mg
Carbohydrates	22 g
Dietary Fiber	3 g
Sugars	5 g
Protein	24 g
Vitamin A	50 %
Calcium	29 %
Vitamin C	81 %
Iron	15 %
Phosphorus	0 mg
