



Partnering for a healthy community



Shrimp & Cauliflower "Grits"

Ingredients:

- 5 large shrimp, peeled and deveined (cal. 70 fat-1g, carbs-0g, protein-15g)
- 1/2 tblspn Cajun seasoning without salt
- salt
- 1/2 tblspn butter (cal. 50 fat-5.5g, carbs-0g, protein 0g)
- 6 oz. fresh cauliflower (cal. 42 fat-0.6g, carbs-6g, protein-6g)
- 1 large garlic clove, chopped (cal. 5 fat-0g, carbs-1g, protein-0.2g)
- 1/2 tblspn butter (cal. 50 fat-5.5g, carbs-0g, protein 0g)
- salt, to taste
- 6 oz. collard greens, cut into 1/2 inch ribbons (cal. 54 fat-1.2g, carbs-9.6g, protein-5.4g)
- 1 garlic clove, smashed and diced (cal. 5 fat-0g, carbs-1g, protein-0.2g)
- 1/4 teaspoon apple cider vinegar, to taste
- 1 pinch smoked paprika
- sea salt and freshly ground black pepper to taste

Equipment:

Food processor, cast iron skillet or sauté pan, 2 small saucepans w/lids, steamer, chopping knife, cutting board measuring spoons, rubber spatula

Instructions:

1. Fill a small saucepan with a couple of inches of water and bring to a boil. Place the cauliflower in a steamer basket and top with 1 large clove garlic, chopped. Cover and steam until tender.
2. When tender, place the steamed cauliflower and garlic in the bowl of a food processor and add butter. Do not get rid of the steaming water! Blend until almost the desired texture. Add salt and a bit of the steaming water, if desired, and process again until the desired consistency.
3. In a small sauce pan, heat 1 tablespoon of water over medium heat. Sauté garlic 2-3 minutes.
4. Add collard greens and stir. Add water a 1/2 tablespoon at a time, and cook, covered, over medium heat for 5-10 minutes or until no longer bright green/bitter.
5. When finished cooking, turn off heat. Add the vinegar and smoked paprika, stir well, and allow to rest, covered, 1-2 minutes. Check seasonings. Add sea salt and freshly ground black pepper to taste before serving.
6. Meanwhile, make your shrimp. Pat dry and sprinkle very liberally with Cajun seasoning. You want the shrimp to be almost entirely coated, so don't skimp out here! We probably use about 1/2-1 tablespoon of seasoning. If your Cajun seasoning does not include salt, salt the shrimp now as well.
7. Heat 1/2 tablespoon butter in a large skillet, preferably cast-iron, over medium-high heat. Once the skillet is very hot, add the shrimp and cook for a minute or two, or until the bottom side begins turning pink. Flip the shrimp and cook until the bottom side is turning pink. When the shrimp are no longer translucent down the middle, where they've been deveined, remove from the skillet immediately.
8. Spoon the cauliflower "grits" into serving bowls and top with the shrimp and collard greens. Pour the butter and Cajun seasoning "sauce" from the cast-iron skillet over serving bowls. Serve immediately.

Notes:

When sautéing with water rather than oil, use a little at a time--just enough to keep things from sticking. If things do get too brown in the pan, you can deglaze any browned areas with a bit of water or any acid (like vinegar) to loosen things.

Recipe Total: Calories-276 fat - 14.8g, carbs - 17.6g, protein-26.8g