

Shrimp and Cauliflower Grits

Yield: 4 servings

Ingredients

For the Shrimp:

- 1 pound shrimp; 21 to 25, peeled and deveined
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic; fresh, minced
- $\frac{1}{8}$ teaspoon black pepper; ground

For the Grits:

- Cauliflower; 2 small heads
- 1 $\frac{1}{2}$ cups water
- 1 cup rice milk
- $\frac{3}{8}$ teaspoon kosher salt
- $\frac{1}{2}$ cup quick grits
- 1 tablespoon unsalted butter; softened
- 2 tablespoons Parmesan Cheese
- $\frac{1}{2}$ cup cheddar cheese; shredded
- 1 pinch cayenne pepper
- 1 tablespoon smoked paprika
- 1 pinch black pepper; ground
- 2 tablespoons chives; chopped

Instructions

For the Shrimp:

1. Gather all ingredients, equipment, and preheat the oven to 350 degrees.
2. 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.
3. Using a slotted spoon, place the shrimp on a baking sheet. Place in the oven and bake until bright pink, approximately 7 to 10 minutes.
4. 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, rice milk, and salt. Bring the liquid to a boil.
3. Add the cauliflower into the boiling mixture and cook until softened (7 minutes). 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 Information

Serving Size: $\frac{1}{2}$ cup grits – 6 shrimp

Calories: 349

Total Fat: 12 g

Saturated Fat: 6 g

Monounsaturated Fat: 3.4 g

Sodium: 335.2 mg

Total Carbohydrate: 28.1 g

Dietary Fiber: 4.8 g

Sugars: 23.3 g

Protein: 32.8 g

Source: Goldring Center for Culinary Medicine



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