

SHRIMP AND GRITS



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 head cauliflower (about 2 pounds), cut into florets
- ★ 1 cup low-fat milk
- ★ 4 ounce low-fat cream cheese
- ★ Freshly cracked black pepper, to taste
- ★ ½ cup shredded part-skim mozzarella
- ★ ½ cup grated Parmesan
- ★ 1 teaspoon smoked paprika
- ★ ¼ teaspoon cayenne
- ★ 1 pound large shrimp (16-20), peeled and deveined
- ★ 1 tablespoon avocado oil, divided
- ★ 6 scallions, thinly sliced, whites and greens separated
- ★ ½ cup finely diced green bell pepper
- ★ 2 cloves garlic, peeled and minced or finely grated
- ★ Hot sauce, for serving

DIRECTIONS

In the bowl of a food processor, pulse the cauliflower florets in two batches to a fine grit-like consistency and set aside (you should have about 3 cups, 10 ounces). In a medium saucepan over medium heat, whisk together the milk, cream cheese and pepper until smooth. Add the cauliflower and bring to a simmer. Cook, stirring frequently, until the mixture is tender, smooth, and creamy, about 10 minutes. Reduce heat to low and stir in the mozzarella and Parmesan, then cover and keep warm.

Stir together the smoked paprika, cayenne, and remaining salt in a large bowl. Add the shrimp and 1 teaspoon oil to the bowl and toss to thoroughly coat, then set aside. In a large skillet, heat 1 teaspoon of oil over medium-high. When oil is shimmering, add the scallion whites and bell pepper to the pan. Cook, stirring occasionally, until softened and lightly golden, 5 to 7 minutes, adding a splash of water to the pan if it begins to get too dry. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the remaining oil and the shrimp to the pan and cook, stirring occasionally, until opaque and golden in places, 2 to 3 minutes more.

Serve immediately over the warm cauliflower grits, garnished with scallion greens and hot sauce.

Serving Size and Nutritional Information:

Serves 4 (Serving Size = 502g)

370 Calories Per Serving, **18g** Total Fat,

21g Total Carbohydrates, **35g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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