

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Sock It To Me Shrimp and Grits!

Recipe by Chef Latrecia Hunter, *La Tres Soul Cuisine*
Makes 4-6 servings

LA'S CAJUN SPICE BLEND

2 teaspoons salt
1 ½ tablespoons garlic powder
1 ½ tablespoons paprika
1 teaspoon black pepper
1 teaspoon cayenne pepper
2 teaspoons dried oregano
2 teaspoons dried thyme
1 teaspoon packed brown sugar
½ teaspoon red pepper flakes (optional)

Instructions:

Combine all spices in a small bowl and mix together. Store in an air-tight container in a cool, dry place.

LA'S JUST "PEACHY" SPICED GLAZE

1 cup ripe peaches cut in medium chunks (frozen peaches should be thawed and drained)
3 tablespoons honey
3 tablespoons packed brown sugar
¼ teaspoon salt
2 ½ tablespoons lemon juice
1 tablespoon LA'S CAJUN SPICE BLEND (recipe above)

Instructions:

Place peaches in a medium sauce pan. Cook over medium heat until peaches begin to breakdown and become "mushy", about 10 minutes. Add honey, brown sugar, salt, and lemon juice, and simmer an additional 10 minutes until the mixture thickens. Add the LA'S CAJUN SPICE MIX. Set aside until ready to use.

SOCK IT TO ME SHRIMP AND GRITS!

1 pound 36/40 medium Shrimp, shelled and deveined (can be cut in chunks or left whole)
1 clove garlic, minced (1 teaspoon)
1-2 green onions, sliced thin
½ teaspoon lemon juice
½ teaspoon lime juice
1 ½ tablespoons LA'S CAJUN SPICE MIX
1 ½ teaspoon cornstarch
2 tablespoons canola oil
½ cup LA'S JUST PEACHY SPICE GLAZE

Instructions:

1. In a small bowl COMBINE the lemon juice, lime juice, spice mix, cornstarch, and 1 tablespoon of oil. Mix until ingredients are completely combined and cornstarch absorbed. Add Shrimp and toss fully coating the shrimp. (Set aside and let marinate approximately 15 minutes.)
2. **While the shrimp marinates prepare grits. (Takes less than 15 minutes to cook shrimp)**
3. Place a sauté pan over a medium/high heat. Heat up sauce pan until hot and add the remaining oil to the pan. Remove and drain shrimp briefly removing excess liquid to reduce the risk of flare up. (Be careful when adding the shrimp to hot sauté pan) Add shrimp to the pan and sauté. Turn shrimp

frequently. Once the Shrimp begins to turn pink add garlic. Lower heat to lowest setting. Add glaze and toss shrimp until completely coated.

4. Remove shrimp from heat. Sprinkle green onions over the shrimp and toss. Serve immediately.

CREAMY CHEESY GRITS

1 cup Old Fashioned Grits
2 cups water
2 cups 1% milk
½ cup shredded white, sharp cheddar cheese
½ cup shredded parmesan cheese
1 tablespoon butter (chilled)
1 teaspoon ground pepper
Pinch salt to taste

Instructions:

1. In a medium- size saucepan combine the water and milk. Bring to a full boil. Lower the heat to low then slowly add the grits while stirring constantly. (Lowering the heat will minimize the grits from ' Popping up" as it begins to cook). Increase the heat to medium and continue to stir. Continue cooking until grits have thickened, about 20 minutes. (**If using Quick Grits, follow package instructions for 4 servings.*)
2. Add cheese folding it in. Once all cheese is added mix grits with whisk. Continue to stir grits until cheese is completely combined and mixture is smooth. Remove from heat and cover. Stir in butter and pepper just before serving.

How to Serve Shrimp and Grits:

Uncover grits and add butter whisking quickly. (Adding the butter will smooth out any small lumps and adds a velvety sheen finish to the grits and buttery flavor) Spoon out desired portion onto a plate. Spoon out shrimp to rest on top of the grits. Finish with dusting of spice mix. (Can adjust amount to desired heat preference) Serve Immediately.

ENJOY!

Nutritional Information per serving:

| | |
|------------------|------------------|
| Calories: | Carbohydrates: g |
| Total Fat: g | Cholesterol: mg |
| Saturated Fat: g | Dietary Fiber: g |
| Sodium: mg | Protein: g |