



Real Shrimp and Cauliflower Grits

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Hi Guys! Your family will LOVE, this dish! It is absolutely delicious and is a fabulous alternative to regular shrimp & grits!

Ingredients:

1 1/2 cups cauliflower grated
4 slices of bacon
1 1/2 cups chicken stock
1/4 cup cheddar cheese
1/4 cup chopped onion
2 Tbsp. Butter Olive Oil
1 garlic clove chopped
1 tsp. Cajun Seasoning
1/2 tsp. Garlic Powder
1/2 tsp. Onion Powder
1/8 tsp. Black Pepper
1/4 cup chopped parsley
Salt & Pepper to taste

Instructions:

1. Drizzle shrimp w/ olive oil and season with your favorite cajun seasoning (I used McCormick). Sit in fridge until ready to cook.
2. Grate cauliflower until very fine. (you can use a food processor or hand grater)
3. Add chicken stock and cauliflower to a medium saucepan cover and bring to a boil remembering to stir occasionally (cooking time about 20 minutes)
4. Dice bacon and add to a hot skillet; cook until crispy.
5. About halfway through the cooking process for cauliflower, season w/ salt, pepper and add butter, cover and finish cooking for about 10 additional minutes.
6. Remove bacon from the skillet. (Drain on paper towel); reserve the fat in the skillet for the next step.
7. Add cheddar cheese and cream to cauliflower rice, cover, and continue cooking.
8. Saute onions in bacon fat. When onions become translucent, add shrimp, garlic, and butter; once shrimp turns pink on both sides remove from heat and add parsley.

To Plate:

Add cauliflower grits to plate, next add crispy bacon bits, then gshrimp. Lastly, top with fresh chopped parsley. Enjoy!!