


THANK YOU FOR REQUESTING SHRIMP & CAULIFLOWER GRITS RECIPE
IF YOU LIKE THIS RECIPE YOU WILL
ABSOLUTELY  LOVE THE TOTAL HEALTH PROGRAM I AM FOLLOWING.
I AM ACHIEVING RESULTS LIKE NEVER BEFORE!!
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SHRIMP & CAULIFLOWER GRITS

ingredients

- 1 lb raw. Peeled and Deveined Shrimp
- 1/2 Tbsp Cajun seasoning
- Cooking spray
- 1 Tbsp Lemon Juice
- 1/4 Cup Chicken Broth
- 1 Tbsp Butter
- 2 1/2 Cups Finely Riced Cauliflower
- 1/2 Cup Unsweetened Original Almond or Cashew Milk
- 1/4 tsp Salt
- 2 Tbsp Sour Cream
- 1/3 Cup Reduced Fat, Shredded Cheddar Cheese
- 1/4 Cup Thinly Sliced Scallions

MAKES 2 SERVINGS

TIME: 20 MINUTES

Serving: 1 leaner protein, 3 vegetables
2 healthy fat, 3 condiments

directions

1. Place shrimp and Cajun seasoning into a large, resealable plastic bag. Close bag, and toss to coat shrimp evenly in seasoning.
2. Spray a medium-sized skillet with cooking spray, and heat over medium heat. Cook shrimp until pink, about 2 to 3 minutes per side. Add lemon juice and chicken broth, scraping any bits off of the bottom of the pan, and simmer for 1 minute, set aside.
3. In a separate skillet, heat butter over medium heat. Add riced cauliflower, and cook for 5 minutes. Add milk and salt, and cook an additional 5 minutes.
4. Remove from heat, and stir in sour cream and cheese until melted.
5. Serve shrimp on top of cauliflower grits, and top with scallions