

SHRIMP AND CAULIFLOWER GRITS

SERVES: 4 (approx. ¾ cup grits and 8 shrimp each) **Prep Time:** 10 min. **Cooking Time:** 15 min.

CONTAINER EQUIVALENTS (per serving):  1  1  ½  1

FOR CAULIFLOWER GRITS:

4 cups	riced cauliflower
½ cup	low-sodium organic chicken broth
½ cup	low-fat milk (1%)
2 tsp.	ghee (organic grass-fed, if possible)
¼ tsp.	sea salt (or Himalayan salt)
¼ tsp.	ground black pepper
½ cup	shredded cheddar cheese
1 Tbsp.	cornstarch (preferably GMO-free)

1. In a large pot combine cauliflower, broth, milk, ghee, salt, and pepper. Bring to a simmer and cook, stirring frequently, for 5 minutes.
2. In a small bowl, toss cheese in cornstarch to coat; stir cheese into cauliflower mixture, then simmer, stirring constantly, 1 minute, until cheese is melted. Remove from heat; set aside.
3. Cook bacon in a large skillet until crisp then set aside on paper towels. When cool, crumble into small pieces.
4. In the same skillet, melt ghee. Add shrimp, cajun rub, and salt; sauté until shrimp are pink and cooked through, 3 to 5 minutes. Remove from heat; add green onions and bacon, and stir to combine.
5. Divide cauliflower grits evenly among 4 plates (about ¾ cup per plate). Top with approximately 8 shrimp per plate.
6. Serve immediately, or store refrigerated in an airtight container for up to 2 days.

FOR SHRIMP:

4 slices	turkey bacon
2 tsp.	ghee (organic grass-fed, if possible)
1 lb.	raw medium shrimp, peeled, deveined
2 tsp.	FIXATE Cajun Rub (see separate recipe for FIXATE Cajun Rub)
1 dash	sea salt (or Himalayan salt)
¼ cup	sliced green onions (approx. ¼ bunch)

NUTRITIONAL INFORMATION (per serving): Calories: 271 Total Fat: 14 g Saturated Fat: 7 g Cholesterol: 191 mg Sodium: 1,071 mg Carbohydrates: 10 g Fiber: 2 g Sugars: 4 g Protein: 26 g