southern spinach smothered shrimp & grits



prep time:
20

featured product:
baby spinach

This satisfying savory supper borrows from the Low Country classic, but we've added creaminess to the grits by enriching them with low fat yogurt and a little Parmesan cheese, instead of the more traditional cream and butter. The sautéed spinach rounds it out into a well balanced meal.

ingredients

for the grits

2 cups quick cooking grits

4 cups vegetable broth (or water)

1/4 cup low fat yogurt

1/4 cup grated parmesan cheese

1/4 teaspoon salt or to taste

1/2 teaspoon black pepper

for the shrimp:

1 tablespoon olive oil

1 pound large shrimp, peeled and deveined

1 teaspoon crushed fennel seeds

1 teaspoon smoked paprika

salt to taste

for the spinach:

1 tablespoon olive oil

10 ounces **organicgirl© baby spinach** ?

2 cloves garlic cloves, minced

1/4 teaspoon red pepper flakes

salt to taste

lemon wedges for serving

substitutions

? *substitute with* **POWERHOUSE SPINACH BLEND**

directions

bring the vegetable broth or water to a boil and stir in grits. stir occasionally while cooking until most of the water is absorbed, about 5 minutes. remove from heat and stir in yogurt, parmesan and seasonings to combine. cover and keep warm.*

pat the shrimp dry with a paper towel and season with fennel seeds and smoked paprika. heat oil in a skillet large enough to hold the shrimp without crowding. sauté shrimp over medium heat for 4 to five minutes until they are opaque.

heat a second skillet over medium heat and sauté garlic in olive oil for just a minute until fragrant. add spinach and pepper flakes and cook for another minute, just until wilted. remove from heat.

divide the grits among 4 shallow bowls and top with spinach and shrimp. serve with lemon wedges.

*note: if grits start to set, stir in a little more vegetable broth or water while gently reheating them over low heat. they should have a thick, but pourable consistency.