



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.