

ENTREES

Pineapple Jerk Shrimp with Buttered Grits

INGREDIENTS:

- Extra-large shrimp detailed (8 shrimp total)
- 2 tbsp Grace jerk paste
- 2 tsp onion powder
- 2 tsp garlic powder
- 2 tsp smoked paprika
- Sea salt to taste
- 2 tbsp ghee or coconut oil or vegan butter
- 1/3 cup of avocado oil or oil of choice
- 1/4 cup of pineapple juice from can with pineapple chunks (can or fresh pressed juice)
- Springs of fresh thyme
- 1/4 onion, sliced
- 1/4 red bell pepper, sliced
- 1/4 green bell pepper, sliced
- 2 cloves garlic, minced
- 2 tsp arrow root powder

Buttered Grits

- 3-1/4 cups cups of water
- 3/4 cup grits
- Salt to taste
- 2 tbsp vegan butter

Garnish

- Pineapple chunks from can or fresh



DIRECTIONS:

Pineapple Shrimp:

1. Slice onion, bell pepper and mince garlic cloves and sauté for 1 minute in 1 tbsp of oil. Set aside.
2. Place shrimp in a medium bowl and toss with Grace jerk paste, onion powder, garlic powder, smoked paprika, sea salt to taste.
3. In a hot skillet, add your oil, 1 tsp sea salt and butter. Next add your shrimp, cook for about 15 minutes or until shrimp curl in and turn pink in color. Set shrimp aside. (Keep the butter and oil in skillet)
4. In a bowl add arrowroot powder and water, stir well.
5. In the skillet on low medium heat add pineapple juice, arrow powder, spices and the arrowroot powder mixture. Whisk until smooth consistency.
6. Add shrimp and simmer for 3 minutes. (If more liquid is desired, add pineapple juice.) Turn fire off, remember the heat will still be trapped in the skillet to further marinate the dish.

Grits:

1. Bring water to boil. Rinse grits while water heats.
2. Add salt and 1 tsp of butter. Cook for 15-20 minutes. Then add the remaining butter and salt.

Serve dish by plating a bed of butter grits on the bottom, then spoon pineapple and shrimp vegetable shrimp mixture on top, and garnish with pineapple chunks.

| Pineapple Jerk Shrimp on Grits | | |
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| Nutrition Facts | | |
| Serving Size: 1 x 2 serving | | |
| Amount Per Serving | | % Daily Value* |
| Calories | 987.1 kcal | 49 % |
| Total Fat | 62.2 g | 96 % |
| Saturated Fat | 17.4 g | 87 % |
| Trans Fat | 0.5 g | |
| Cholesterol | 239 mg | 80 % |
| Sodium | 2440.6 mg | 102 % |
| Total Carbohydrate | 78.6 g | 26 % |
| Dietary Fiber | 5 g | 20 % |
| Sugars | 6.5 g | |
| Protein | 31.1 g | 62 % |
| Vitamin A | 18 % | Vitamin C 28 % |
| Calcium | 9 % | Iron 21 % |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |
| Full Info at cronometer.com | | |

***MAKES 2 SERVINGS**