

Shrimp Cornbread Dressing

INGREDIENTS

Shrimp:

- 2 lb Vermilion Bay Sweet® 70/90 count, peeled shrimp
- 6 c water
- 2 tbsp Cajun seasoning

Dressing:

- 2 c chopped onions, divided
- 1 c chopped green bell pepper, divided
- 1 c chopped celery, divided
- 2 Tbsp minced garlic
- ½ c dark roux
- 1 Tbsp Cajun seasoning
- 1 tsp salt
- 6 c reserved shrimp stock
- 2 bay leaves
- 1 Tbsp fresh thyme
- 1 tsp hot sauce
- 1 tsp black pepper
- ¼ c chopped parsley
- ½ c chopped green onions
- 12 c packed cooked cornbread

DIRECTIONS

1. Bring water and Cajun seasoning to a boil. Add shrimp and cook for 5 to 7 minutes or until shrimp are done. Strain shrimp, reserving stock and set both shrimp and stock aside for later use.
2. Heat large saucepot over medium heat. Add half of the onions, bell pepper, and celery, plus 2 tablespoons garlic and sauté for 2 minutes.
3. Add dark roux and cook for an additional 5 minutes. Add Cajun Seasoning, salt, reserved shrimp stock, bay leaves, thyme, hot sauce and black pepper.
4. Bring mixture to a boil, lower heat and simmer for 20 minutes.
5. Add remaining onion, celery and bell pepper, cover pot and simmer for additional 20 minutes.
6. Stir in cooked Vermilion Bay Sweet® shrimp, green onions and parsley.
7. Stir in cornbread until completely incorporated.
8. If mixture is dry, add water to moisten up; if mixture is too wet, allow to simmer on low until mixture is desired consistency.



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HEALTHY SWAPS

- **Lower Fat:** Recipe is considered low-fat as is.
- **Lower Carbohydrate:** Use sugar-free ketchup. 176 calories. 2g fat (0g saturated fat, 290mg cholesterol.) 2,335mg sodium. 6g carbohydrates (1g fiber, 1g sugar.)
- **Lower Sodium:** Substitute salt-free 1 Tbsp Cajun seasoning for crab boil. Use salt substitute. Use low-sodium ketchup and Worcestershire sauce.
- **Dairy-free:** Recipe is considered dairy-free as is.
- **Gluten-free:** Recipe is considered gluten-free as is.

Nutrition Facts	Amount/serving		Amount/serving	
		% Daily Value*		% Daily Value*
20 servings per container Serving size 1 Cup Calories per serving	Total Fat 8g	10%	Total Carbohydrate 33g	12%
	Saturated Fat 1g	5%	Dietary Fiber 1g	4%
	Trans Fat 0g		Total Sugars 1g	
	Cholesterol 80mg	27%	Includes 0g Added Sugars	0%
	Sodium 1270mg	55%	Protein 11g	22%
	Vitamin D 0mcg	0%	Calcium 165mg	15%
	Potassium 179mg	4%	Iron 2mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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