

# Cajun Surf & Turf

## Grilled Pepper Jelly Shrimp with Shawn's Syrup Sausage

### INGREDIENTS

- 2 pounds 21/25 count Gulf shrimp
- 2 pounds Shawn's Cajun Meats Syrup Sausage
- 3 medium bell peppers, cut in 8 pieces
- 3 medium onions, cut in 8 pieces
- 3 tbsp cane syrup
- 1 tsp Cajun 180 La Cajun Gold seasoning
- 1 tbsp olive oil
- 1 tbsp minced garlic
- 1 tsp minced fresh thyme
- 1/4 cup jalapeno pepper jelly
- 1/4 cup white wine
- 1/4 cup shrimp or chicken stock
- 1 tbsp lemon juice
- 4 tbsp chilled butter, cut in chunks

### DIRECTIONS

- Season shrimp with La Cajun Gold and mix with cane syrup. Set aside to marinate for 15 minutes.
- Meanwhile, prepare the pepper jelly glaze. Sauté 1 tablespoon olive oil and garlic and cook until slightly brown.
- Add thyme, jalapeño pepper jelly, white wine, stock, and lemon juice. Lower heat to medium and simmer for five minutes until liquid is reduced by half.
- Reduce heat to lowest setting and stir in chilled butter in chunks until melted. Remove from heat.
- Cut the sausage in 4 oz lengths, then cut into smaller bite size portions. Skewer the sausage, shrimp, and vegetables alternating between each.
- Coat the skewers with pepper jelly sauce.
- Grill the skewers until shrimp and sausage and shrimp are cooked through and caramelized.
- Serve with Cajun Rice Dressing.



[www.delcambremarket.org](http://www.delcambremarket.org)

## HEALTHY SWAPS

- **Lower fat:** Substitute chicken breasts for sausage. Reduce butter by half. 445 calories. 11g fat (4g saturated fat, 344mg cholesterol.) 1,608mg sodium. 21g carbohydrates (1g fiber, 14g sugar.) 62g protein.
- **Lower carbohydrate:** Omit syrup on shrimp. Substitute Mix ¼ cup of sugar-free BBQ sauce & raspberry vinaigrette, such as zero-sugar options from G. Hughes and 1 tsp red pepper flakes for the pepper jelly & wine in the glaze reduction. 551 calories. 38g fat (15g saturated fat, 325mg cholesterol.) 2,277mg sodium. 11g carbohydrates (1g fiber, 3g sugar.) 41g protein.
- **Lower sodium:** Substitute chicken breast for sausage. Use the “No-Salt” version of Cajun 180 La Cajun Gold. Use low-sodium broth and unsalted butter. 477 calories. 13g fat (6g saturated fat, 351mg cholesterol.) 1,172mg sodium 21g carbohydrates (1g fiber, 14g sugar.) 39g protein. Note: this is still very high in sodium and not recommended if on a low-sodium diet.
- **Dairy-free:** Substitute olive oil for butter. 611 calories. 38g fat (6g saturated fat, 351mg cholesterol.) 2,277mg sodium. 23g carbohydrates (1g fiber, 14g sugar.) 41g protein.
- **Gluten-free:** Recipe is gluten-free as is. Is using alternative Cajun seasoning, ensure that it is gluten-free.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
8 servings per container Serving size 3 skewers <b>Calories</b> per serving	<b>600</b>	<b>Total Fat</b> 38g	<b>49%</b>	<b>Total Carbohydrate</b> 23g	<b>8%</b>
		Saturated Fat 15g	75%	Dietary Fiber 1g	4%
		Trans Fat 0g		Total Sugars 14g	
		<b>Cholesterol</b> 325mg	<b>108%</b>	Includes 0g Added Sugars	<b>0%</b>
		<b>Sodium</b> 40mg	<b>2%</b>	<b>Protein</b> 38g	<b>76%</b>
		Vitamin D 0mcg	0%	Calcium 175mg	15%
		Potassium 370mg	8%	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.