

Recipe from Gena Knox, Southern My Way

Shrimp and Artichoke Bake

This is my version of the classic shrimp and artichoke casserole that is so popular in church cookbooks. I make it with a tomato base instead of the usual cream, and it is amazing over grits or couscous. I always use local shrimp for maximum flavor and freshness.

PREP TIME 10 minutes

COOK TIME 25 minutes

YIELDS 4 servings

1 tablespoon olive oil
1 medium onion, chopped (about 1 ½ cups)
2 large cloves garlic
1 (14.5-ounce) can fire-roasted diced tomatoes
1 (14.5-ounce) can regular diced tomatoes
1 cup marinated artichoke hearts, drained
¼ cup white wine
¼ teaspoon red pepper flakes
1 pound shrimp, peeled and deveined, tails left intact
¼ cup chopped fresh basil
¼ cup chopped fresh parsley
½ cup crumbled feta cheese

FIRST Preheat oven 425°F. In a large skillet, sauté onion and garlic in oil over medium heat until softened and beginning to brown, about 3-4 minutes. Add tomatoes, artichokes, wine and red pepper and simmer for 7 to 8 minutes until sauce has thickened.

NEXT Remove skillet from heat and stir in shrimp and fresh herbs. Season with salt and pepper to taste. Pour shrimp mixture into a 8 ½ x 11-inch baking dish coated with cooking spray. Sprinkle with feta.

LAST Bake for 15 minutes until shrimp are done. Serve over couscous, rice, or grits.

Parmesan Grits

Basic Grits Recipe:

PREP TIME 5 minutes

COOK TIME 50 minutes

YIELDS 4 servings

2 cups water
2 cups low sodium chicken stock
1 teaspoon salt
1 cup stone-ground grits

1 tablespoon butter, optional
2/3 cup freshly grated Parmesan cheese

FIRST Bring water and stock to a boil in a medium saucepan. Add salt and whisk in grits slowly so that no clumps form. Reduce to a simmer and cook for about 50 minutes, until grits are creamy and tender, stirring occasionally. Stir in cheese and season to taste with salt and pepper.