

Appetizers

Warm Gumbo Dip

Southern Living Test Kitchen

Southern Living Magazine - September 2012

Servings: 8

Preparation Time: 35 minutes

Start to Finish Time: 1 hour

1/4 cup butter
6 green onions, sliced
2 ribs celery, diced
1 cup assorted bell peppers, chopped
1 1/2 pounds large raw shrimp, peeled and chopped
1 clove garlic, pressed
1 1/2 teaspoons Creole seasoning
1 package (8 ounce) cream cheese
3/4 cup sliced pickled okra
1/2 cup + 2 tablespoons Parmesan cheese, grated
2 tablespoons fresh flat-leaf parsley, chopped
French bread baguette slices, toasted

Preheat the oven to 400 degrees.

Melt the butter in a Dutch oven over medium heat. Add the green onions, celery and bell peppers. Cook, stirring occasionally, for 6 to 8 minutes or until the peppers are tender.

Stir in the shrimp, garlic and Creole seasoning. Cook, stirring occasionally, for 2 minutes.

Reduce the heat to low.

Add the cream cheese, stirring until the cheese is melted.

Remove from the heat and stir in the okra and 1/2 cup of the Parmesan cheese.

Spoon the mixture into a two-quart baking dish. Sprinkle with the remaining two tablespoons of Parmesan cheese.

Bake at 400 degrees for 25 to 30 minutes or until bubbly and lightly browned.

Sprinkle with parsley.

Serve with the French bread.

Per Serving (excluding unknown items): 161 Calories; 16g Fat (87.1% calories from fat); 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 201mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 3 Fat; 0 Other Carbohydrates.