Sweet Chili Shrimp Po` Boy with Plum Cake

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Servings: 4 Preparation Time: 30 minutes Start to Finish Time: 1 hour 10 minutes For a spicy kick, add two teaspoons of pepper sauce to the mayonnaise mixture for the sandwiches.

FOR THE SANDWICH

1 loaf French or Cuban bread 1 box (12 to 18 ounce) frozen popcorn shrimp 1 small red onion 1 medium tomato 4 cups shredded coleslaw mix 1/4 cup refrigerated ginger salad dressing 1/2 cup light mayonnaise 1/4 cup sweet chili sauce 2 tablespoons ponzu sauce FOR THE CAKE cooking spray 8 tablespoons unsalted butter 4 plums (or two peaches) 1/2 cup pecan pieces 1 box (15 to 16.5 ounce) white cake mix 2 cartons (5.3 ounce ea) nonfat vanilla Greek vogurt 3 large eggs (or 3/4 cup egg substitute)

Make the cake: Preheat the oven to 350 degrees. Grease a nine-inch square baking dish with spray. Melt the butter. Cut the plums into bite-size pieces.

In a bowl, combine the butter, pecans and cake mix until crumbly. Reserve one cup of the mixture. Press the remaining mixture into the baking dish. Bake for 5 minutes.

Arrange the plums over the crust. In a bowl, whisk the yogurt and eggs until smooth. Pour over the plums and top with the reserved cake mixture. Bake for 30 to 35 minutes or until a toothpick inserted in the center comes out clean. Let the cake stand for 10 minutes to cool.

Make the sandwich: Preheat the oven to 450 degrees. Cut the bread in half lengthwise, leaving 1/2-inch uncut; then cut into four equal pieces.

Bake the shrimp following package directions. Slice the onion and tomato thinly. In a bowl, combine the coleslaw mix and dressing until blended.

In a medium bowl, whisk the mayonnaise, chili sauce and ponzu sauce until blended. Add the shrimp and toss to coat evenly.

Divide the shrimp over the bread. Top with the tomatoes, onions and slaw.

Serve the Po' Boys followed by the Plum cake.

Sandwiches

Per Serving (excluding unknown items): 675 Calories; 39g Fat (50.7% calories from fat); 5g Protein; 80g Carbohydrate; 2g Dietary Fiber; 73mg Cholesterol; 750mg Sodium. Exchanges: 1 Vegetable; 7 1/2 Fat; 5 Other Carbohydrates.