

Sandwiches

Shrimp Po'Boys

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Servings: 4

Preparation Time: 40 minutes

Start to Finish Time: 1 hour

REMOULADE SLAW

3 Tablespoons Canola mayonnaise

1 tablespoon shallots, minced

1 teaspoon fresh lemon juice

1 teaspoon Worcestershire sauce

1/2 teaspoon Dijon mustard

1/2 teaspoon prepared horseradish

1/4 teaspoon hot pepper sauce

1/4 teaspoon grated lemon rind

1 clove garlic, minced

2 1/2 cups packaged cabbage-and-carrot coleslaw

PO'BOYS

1 tablespoon cornstarch

1/2 teaspoon grated lemon rind

1/4 teaspoon Kosher salt

1/4 teaspoon ground red pepper

1 large egg white

1 pound medium shrimp, peeled and deveined

4 (2 1/2 ounce) pieces French bread baguette, spilt and toasted

3 tablespoons stone-ground cornmeal

1/4 teaspoon freshly ground black pepper

2 teaspoons extra-virgin olive oil

8 slices tomato 1/4-inch thick

To prepare the remoulade slaw, in a medium bowl, combine the mayonnaise, shallots, lemon juice, Worcestershire, Dijon mustard, horseradish, hot sauce, lemon rind and garlic, stirring with a whisk. Add the coleslaw. Toss to coat. Cover and chill.

To prepare the Po'Boys, in a medium bowl, combine the cornstarch, lemon rind, Kosher salt, red pepper and egg white. Whisk until blended. Add the shrimp. Toss well. Marinate in the refrigerator for 30 minutes, stirring once.

Hollow out the top and bottom halves of the bread, leaving a 1/4-inch-thick shell. Place the torn bread in a food processor. Process until very fine crumbs form. Set aside 1/2 cup of the breadcrumbs. Reserve the remaining breadcrumbs for another use. Combine the 1/2 cup of breadcrumbs, cornmeal and black pepper in a large zip-top plastic bag. Seal and shake to combine.

Remove the shrimp from the bowl. Discard the marinade. Add the shrimp to the breadcrumb mixture. Seal and shake to coat.

Heat a large nonstick skillet over medium-high heat. Add oil to the pan, swirl to coat. Add the shrimp and cook for 3 minutes on each side or until done.

Arrange 1/2 cup of the slaw on each bottom half of the bread. Top with one quarter of the shrimp and two tomato slices. Cover with the top half of the bread.

Per Serving (excluding unknown items): 158 Calories; 4g Fat (25.1% calories from fat); 24g Protein; 4g Carbohydrate; trace Dietary Fiber; 173mg Cholesterol; 330mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.