

Cajun Shrimp & Okra

Makes 6-8 servings

1/2 pound fresh okra, halved lengthwise
3 tablespoons olive oil, divided
1 pt. grape tomatoes
1 pound peeled, large raw shrimp, deveined
Cajun seasoning (recipe on back)
3 garlic cloves, minced
salt
ground black pepper
2 tablespoons chopped fresh flat-leaf parsley
Lemon juice

Heat a large cast-iron skillet over medium-high heat, add 1 Tbsp olive oil and sauté okra 4 to 5 minutes or until lightly browned. Transfer okra to a large bowl. Add tomatoes and 1 Tbsp. oil to skillet; sauté 3 minutes or until skins begin to burst. Transfer tomatoes to bowl with okra. Add shrimp and remaining 1 Tbsp. oil to skillet; sprinkle shrimp with Cajun spices. Sauté 2 to 3 minutes or just until shrimp turn pink. Add garlic; sauté 30 seconds. Stir in okra mixture, and sauté 1 to 2 minutes or until hot. Top with parsley and fresh lemon juice.

Notes:

- Add other vegetables as you have them!

Cajun Seasoning

2 tablespoons garlic powder
2 tablespoons Italian seasoning
2 tablespoons paprika
2 tablespoons salt
1 tablespoon black pepper
1 tablespoon cayenne pepper
1 tablespoon dried thyme
1 tablespoon onion powder

Mix together in a small container. Close with a tight fitting lid and store at room temperature.



