SHRIMP PO' BOY

Nutrition Facts: 640 calories, 16g fat, 2g saturated fat, 860mg sodium, 78g carbohydrates, 6g fiber, 49g protein

Ingredients

Rémoulade Slaw

- 3 tablespoons mayonnaise 1 tablespoon shallots, minced
- 1/2 lemon, juice and grated rind
- 1 teaspoon Worcestershire sauce
- 1 teaspoon prepared horseradish
- $\frac{1}{4} \frac{1}{2}$ teaspoon hot sauce
- 1 garlic clove, minced
- 1¹/₂ cups shredded cabbage
- 1 cup shredded carrots

Shrimp

- 1 cup all-purpose flour
- 1 teaspoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ¹/₂ teaspoon black pepper
- ¹/₂ teaspoon onion powder
- ½ teaspoon dried oregano
- ¹/₂ teaspoon dried thyme
- 1½ pounds shrimp, peeled and de-veined
- 2 tablespoons organic canola oil, or any high-heat oil

Sandwiches

- 1 10-ounce whole grain baguette
- tomato slices (optional)
- hot sauce (optional)

Directions

- Prepare rémoulade slaw bystirring together first 7 ingredients and tossing with cabbage and carrots. 1.
- 2. Make flour coating for shrimp. In medium bowl, whisk together flour with all herbs and spices. Dredge shrimp in flour mixture bytaking slightly moist, raw shrimp and tossing in flour mixture to coat.
- **3.** Add oil to large skillet over medium-high heat. Add shrimp to pan and cook until bottom is golden brown, about 2 minutes. Flip each shrimp and cook another 2 minutes, until cooked through and golden brown on the outside.
- **4.** Assemble sandwiches. Slice baguette into 4 equal pieces. Slice each piece in half lengthwise. Hollow out bottom of baguette and filled each with ¼ of shrimp and ¼ of slaw. Top with tomatoes and hot sauce and cover with top piece of baguette.



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