



## Shrimp Po'Boy

My lightened up version of this Louisiana classic is so good, even Bobby Boucher's Momma'd like it. Go Mud Dogs!

Breaded CRISPY jumbo shrimp, piled atop a thick slice of tomato, shredded lettuce... and dressed with a fan-freakin-tastic dressing. This lightened Po'Boy is so good it'll make you slap yo'momma back to the Bayou! We're even making a kicked up spread, instead of regular mayo, which is my skinnied down version of the Outback Steakhouse "blooming onion" dip, kicked up with cajun spices and a dash of hot sauce. Though I use shrimp in this recipe, you could use this recipe as a template to make a breaded, baked catfish, alligator, or oysters, Po'boy.

### Servings Info.:

Yields: 4 sandwiches  
 Servings: 4  
 Serving Size: 1 sandwich



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 1-2

*- last checked 03/27/22 -*  
 These points **DO NOT INCLUDE THE BREAD!!**  
 Use whatever bread rolls you want, then add THESE POINTS.

### Ingredients:

- 1/2 lbs X-Large (16-21 count) shrimp. Peeled, deveined, tail off. You want 10-12 total shrimp (**SEE NOTES**)

#### Breeding:

- 1/2 batch of prepared breeding, recipe on pages 38-39

#### Creole Remoulade/Dressing: (see notes)

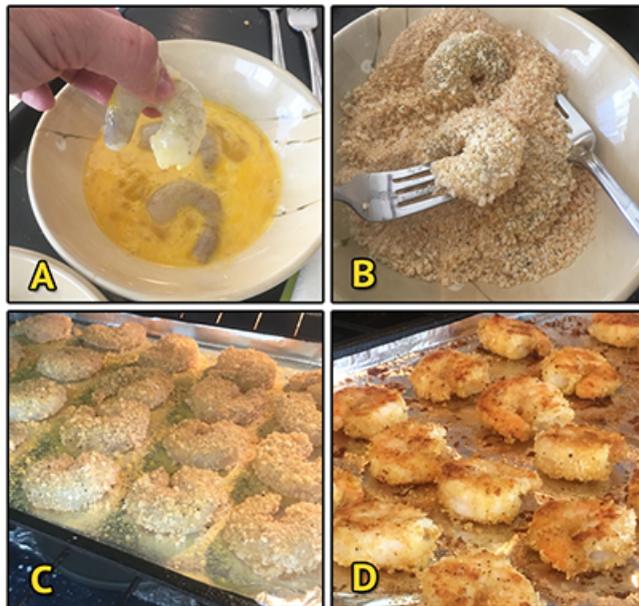
- 1/4 cup plain fat free Greek yogurt
- 1 Tbsp "prepared" jarred horseradish (scan for 0 points)
- 1 Tbsp stone ground mustard (scan for a 0 point brand)
- 1 Tbsp apple cider vinegar
- 1 or 2 tsp hot sauce of choice (to taste)
- 1/4 tsp garlic powder
- 1 tsp smoked paprika
- 1 Tbsp no sugar added, generic ketchup (0 points)
- 1 tsp lemon juice
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1/2 to 3/4 tsp cajun seasoning (to taste)

#### Additional Ingredients:

- Thin sliced/shredded lettuce, any variety (typically iceberg)
- Tomato slices
- Dill pickle slices
- (2) French bread sandwich rolls. Any brand (see notes)
- 20th anniversary DVD of "The Waterboy", Go Mud Dogs!

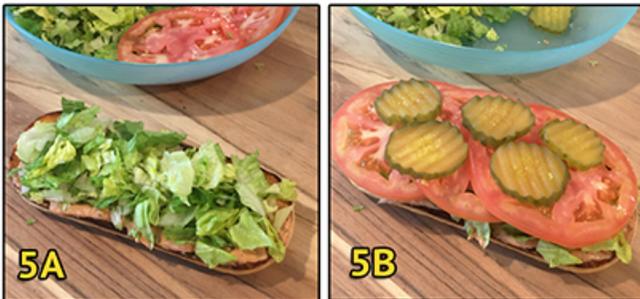
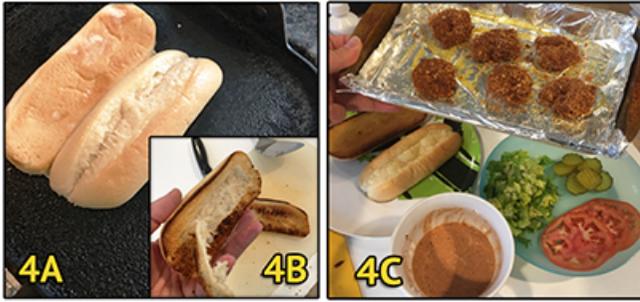
### Directions:

- 1 Mix all of the Remoulade ingredients together, set aside. Preheat your oven to 425 degrees. Line a large baking pan with foil and coat with cooking spray, set aside.



- 2 (A) Whether you buy fresh or frozen shrimp, rinse them off, then dry them with paper towels. (B) Dredge the shrimp in your egg wash, making sure to let the excess egg run off of each shrimp. You do NOT want tons of egg dripping into your breading and causing it to clump up. (C) Do NOT go the "shake and bake" route, do NOT dump all of the crumbs in a bag with the shrimp and shake it... it will not work. Place a couple of shrimp at a time into the crumbs, then (D) GENTLY use 2 forks, or your dry hand to lightly coat the shrimp. Repeat the process until all of your shrimp are coated. Set the shrimp onto your foil lined baking sheet. Spray both sides with cooking spray.

3 Preheat your oven to 425 degrees. When the oven is at 425, bake for 14 minutes. Remove shrimp from oven, flip them over, then bake for an additional 2-3 minutes. Remove from oven, set aside.



4 (A) Toast your hoagie rolls on a hot pan, then (B) remove some bread from the top bun. This cavity will help the shrimp stay in place. (C) Get all your fixins ready to assemble your sandwich.

5 To assemble the Po'Boys, (A) smear each both sides of the bread roll (top and bottom) with 1 Tbsp of the Creole remoulade. (B) Place a mound of shredded lettuce on the bottom bun, followed by some tomato slices, then sliced dill pickles. (C) Arrange 5 pieces of shrimp on top of the pickles, then (D) place the top bun, with spread, onto the shrimp. Done.

#### NOTES & SUGGESTIONS:

- **SHRIMP:** You want to get shrimp that says size "15-21" or "16-20", which means you'll get between 15 to 21, or 16 to 20 shrimp per pound. They also might simply be marked on the bag as "X-Large" shrimp. The point being, you want big shrimp. Yes, I know it's an oxymoron, but I didn't name the things.
- **CATFISH PO BOY:** It goes without saying, you can use my breading to bread and bake any protein you want. Including the obvious: Catfish, Alligator, etc.
- **DAIRY ALLERGY:** If you're allergic to dairy, you can make this recipe by substituting the yogurt and mayo for tofu in the remoulade. Replace them both with an equal amount of semi-firm tofu, blended with some water, until you get your desired consistency. Adjust points accordingly. The taste won't be as awesome, but it'll still work.
- **DRESSING:** Just a reminder, this dressing is my low calorie version of the Outback Steakhouse 'Bloomin' Onion' sauce. The only change is that I added a little bit of 'Cajun seasoning' and gave it a fancy 'remoulade' name. If you want the regular Outback sauce, just remove the Cajun seasoning.  
If you don't want to use it, simply use my mayo substitute, or you can even go super simple and spread fat free greek yogurt onto the bread. You do you, I won't judge.