



Elliott Evans Nutrition, LLC  
Prevent and Protect  
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## **SHRIMP SUCCOTASH**

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*Makes 6servings*

- 2 cups fresh butter beans (about ½ lb). Frozen butter beans may be substituted.**
- 1 ¼ teaspoon kosher salt, divided**
- 1 ½ cup peeled and deveined, extra-large raw shrimp (16/20 count)**
- 2 tablespoons olive oil, divided**
- ¼ teaspoon freshly ground pepper**
- 1 cup sliced fresh okra**
- 1 small sweet onion, chopped**
- 1 jalapeno pepper, seeded and minced**
- ½ cup diced red bell pepper**
- 2 garlic cloves, minced**
- 1 medium-size heirloom tomato, seeded and diced**
- 1 cup fresh corn kernels (2 ears)**
- ¼ cup chopped fresh basil**
- 1 tablespoon butter**

- **Rinse, sort, and drain butter beans (skip this step if you are using frozen butter beans)**
- **Bring butter beans, 1 teaspoon salt, and 4 cups water to a boil in a saucepan over medium-high heat. Reduce heat to medium-low, and simmer, stirring occasionally, 35 minutes or until beans are tender; drain.**
- **Meanwhile, combine shrimp, 1 tablespoon oil, ¼ teaspoon pepper, and remaining ¼ teaspoon salt in a bowl, tossing to coat.**
- **Heat a grill pan over medium-high heat; cook shrimp 4-5 minutes or just until pink. Transfer to a plate, and cover loosely with aluminum foil to keep warm.**
- **Heat remaining 1 tablespoon oil in a large skillet over medium heat. Add okra; cook 3 minutes or until lightly browned. Stir in onion and next 3 ingredients; cook 3 minutes or until vegetables are tender. Add tomato and corn; sauté 3-4 minutes or until corn is tender.**
- **Stir in basil, butter, shrimp, and butter beans. Cook 1 minute or until butter is melted and mixture is thoroughly heated. Season with salt and pepper to taste. Serve immediately.**