

BLACKENED FISH AND CREAMY GRITS

Low Fat Alternative Recipe

Yield: about 4 servings

PREP IT!

For Creamy Grits

4 cups	Milk, fat free <i>or for plant-based option, substitute with unsweetened unflavored oat milk</i>
1 teaspoon	Salt
½ teaspoon	Black Pepper, ground
1 cup	Grits, quick cook
1 tablespoon	Butter (optional) <i>or for plant-based option, substitute with vegan butter</i>
4 ounces	Cheese, shredded (optional) <i>You can also use any type of cheese you'd like.</i>

For Blackened Fish:

1-2 tablespoons	Avocado oil <i>or any high smoke point vegetable oil like safflower, canola, vegetable, sunflower, peanut, or coconut oil</i>
16 ounces	Branzino, fresh or thawed from frozen (cleaned, whole or cut into even sized fillets) <i>You can also use your favorite fish.</i>
1½ tablespoons	Taste Tutor Blackening Seasoning <i>or 2½ teaspoons of your favorite blackening seasoning</i>
1 teaspoon	Taste Tutor Seasoning 101 <i>or 1 teaspoon of your favorite all-purpose seasoning</i>

MAKE IT!

Creamy Grits:

1. In a large pot, over medium heat, bring milk, salt, pepper, and grits to a boil.
2. Reduce heat to medium low, continue to cook until grits are soft and thick; about 10 minutes.
3. Turn off heat. Add butter and cheese (optional). Stir to melt.
4. Enjoy on its own or with your favorite accouterments!

Reheat leftovers: in a pot with a little bit of water over low heat or in a bowl with a little bit of water, covered with plastic wrap and microwave about a minute.

Blackened Fish:

1. Heat oil in a large cast iron skillet or oven safe skillet over medium-high heat. Pat fish dry. Coat fish with Taste Tutor Blackening Seasoning (or favorite blackening seasoning) and Taste Tutor Seasoning 101 (or favorite all purpose seasoning). Sear each side of the fish by cooking skin side down first, if applicable, for 3 to 5 minutes or until a crust forms. Carefully, flip the fish over and cook for an additional 2 to 3 minutes or until fish is cooked through (internal temperature is at least 145°F).
2. Using a spatula, remove the fish from the skillet.
3. Enjoy hot with the rest of your meal!

Tip: This recipe works great with shrimp or scallops as well. Simply substitute the same quantity of fish for shrimp or scallops and reduce the cooking time.

Reheat Leftovers: in the oven, air fryer, or in the microwave.

GROCERY LIST

Dry Aisles

- 1 small canister Grits, quick cook

Spice/Oils

- 1 small bottle *Avocado oil or vegetable, safflower, canola, vegetable, sunflower, peanut, or coconut oil*
- 1 small container Salt
- 1 small container Black Pepper, ground
- 1 small jar Taste Tutor Blackening Seasoning or *2½ teaspoons of your favorite blackening seasoning*
Available at: www.thetastetutor.com
- 1 small jar Taste Tutor Seasoning 101 or *1 teaspoon of your favorite all-purpose seasoning*
Available at: www.thetastetutor.com

Meat/Seafood/Dairy

- 2 cups *Milk, fat free or for plant-based option, substitute with unsweetened unflavored oat milk.*
- 1 stick or tub *Butter (optional) or for plant-based option, substitute with vegan butter.*
- 1 small block or bag *Cheese, shredded (optional) use any type of cheese.*
- 16 ounces *Branzino, fresh or thawed from frozen (whole or fillets) or use your favorite fish.*