



CALANDRO'S SUPERMARKET, INC.

Service · Quality · Selection | Since 1941

LENT IN LOUISIANA: SERVICE, SACRIFICE, AND SEAFOOD

Look inside **eatplaylive** for our larger ad!

4142 Government St. • Ph. 383-7815

Mon - Fri: 7am - 8pm • Sat: 8am - 8pm • Sun: 8am - 7pm

12732 Perkins Rd. • Ph. 767-6659

Mon - Sat: 7am - 9pm • Sun: 8am - 7pm

Calandros.com | Facebook: CalandrosSupermarket | Twitter: @calandrosmkt

Calandro's RECIPE



DELIGHTFUL PALATE'S SHRIMP & GRITS (for Lent)

Part 1 - Chargrilled Shrimp Skewers Serves 4-6

- 1 lb. Medium Shrimp (shelled with tails on)
- 1 Red Bell Pepper (sliced in 1/4 inch slices)
- 1 Yellow Onion (cut into 10 wedges)
- 1 pint Cherry Tomatoes
- 1 tsp. Seasoned Salt
- 1 cup Delightful Palate Balsamic Garlic Honey
- 2 tbsp. Nutiva Virgin or Spectrum Spray Coconut Oil

Combine & marinate all ingredients (except for the oil) together for 1 hour at room temperature or cover and refrigerate for up to 2 days. Skewer the shrimp (3 to 4 shrimp on a 12-inch skewer) alternating with the bell pepper, onion, and cherry tomato on each skewer. Heat your grill to 375° (medium-high) and brush on or spray the grill with coconut oil to prevent the shrimp from sticking. Grill the shrimp for only 2-3 minutes on each side.

"So this is the Shrimp...where's the Grits?!" Check out our ad inside EatPlayLive for Part 2 of the recipe — the Creamy Grits - and even more details on Delightful Palate, their incredible, Baton Rouge local Dressings & Marinades and Calandro's wonderful, fresh Seafood choices!"

