

GOOD 2 GO

MAGNOLIA • HOMEGROWN • RECIPES

Like many of you, I have cherished Bill and Marcia Blackwell's culinary adventures in *The Traveling Fork* over the years. From Bill's Blue Ribbon Texas Cornbread to Marcia's Blueberry Almond Pound Cake, they have given us countless reasons to gather around the table. As the Blackwells hang up their aprons for a well-deserved sabbatical, we are continuing **Good 2 Go**. This column is dedicated to bringing you quick, nutritious meals with a distinct Southern flair, because even when we are short on time, we still deserve honest-to-goodness good food.



Grilled Shrimp Variant

For those growing up in the South, succotash was a staple of the summer table, but traditional recipes often rely on heavy bacon fat and hours of simmering. Today, we are making a 15-minute, highly nutritious version. We are pairing vibrant, fresh vegetables with quick-seared Gulf shrimp, a nod to Florida's native fisheries. This recipe comes compliments of Big John, the legendary Shipwright-in-Residence at Red Bay Marina here in Green Cove for years, and the dish is still a favorite among his fellow live aboards there.

The 'Good 2 Go' Fast Fact: *Shrimp cooks in just minutes and is packed with lean protein. Swapping traditional lima beans for edamame adds a quick, crisp crunch and an extra boost of fiber and nutrients! If you're tempted to substitute generic supermarket shrimp of unknown origin, please don't bother, **this recipe demands Mayport shrimp only** (available all year here); or, at least confirm the origins of 'Fresh Caught Florida Shrimp' ONLY!*

'QUICK SHRIMP' (MAYPORT SUCCOTASH)

INGREDIENTS

- 1 lb. large Mayport shrimp, peeled and deveined
- 1 tbsp olive oil (I recommend plain olive oil rather than extra virgin for the skillet, just as Bill learned from the Viking Head Chef!)

Continued



2 cups fresh or frozen sweet corn
1 cup shelled edamame (or traditional butter beans)
1 cup cherry tomatoes, halved
1 medium red onion, finely chopped
2 cloves garlic, minced
1 tbsp fresh lemon or lime juice
1 pinch of cayenne pepper (adjust if you like it hot!)
Salt and black pepper to taste

Grilled Shrimp Variant

1. Thread your peeled Gulf shrimp onto skewers 'edgewise'.
2. Lightly brush with olive oil, season, and grill for 2–3 minutes per side until pink and opaque.
3. Slide off skewers right on top of your warm succotash; finish with a drizzle of bright Chimichurri sauce for an unforgettable extra twist!



DIRECTIONS Heat the olive oil in a large skillet over medium-high heat. Add the shrimp to the hot pan and cook until they just turn pink and curl at the edges, about 2 to 3 minutes per side. Use a slotted spoon to remove the shrimp and set them aside on a plate.

In the same skillet, add the chopped red onion, sweet corn, and edamame. Sauté the vegetables until they are tender and the corn begins to brown slightly in spots. Stir in the minced garlic, cherry tomatoes, and your cayenne pepper, cooking just until the tomatoes begin to soften and release their juices. Return the cooked shrimp to the skillet to warm through. Drizzle the fresh lemon or lime juice over the top and toss the entire mixture until well combined. Adjust your salt and black pepper to your own preferred taste. Serve immediately in warm bowls for a light, colorful, and comforting Southern meal that won't keep you tied to the stove.



RECIPE, PHOTOS: EDITOR

