

Shrimp and Grits

Author: Adapted from a Bobby Flay recipe on the Food Network

Carolyn T's
Main Cookbook

Servings: 4



- 2 cups water**
- 2 cups 2% low-fat milk, [I used fat-free half and half]**
- Salt and pepper**
- 1 cup grits, stone-ground**
- 3 tablespoons butter**
- 2 cups shredded sharp cheddar cheese**
- 1 pound shrimp, peeled and deveined**
- 6 slices bacon, chopped**
- 2 tablespoons lemon juice**
- 4 tablespoons chopped parsley**
- 1 cup scallions, thinly sliced**
- 2 large cloves garlic, minced**
- 1 tablespoon Italian parsley, for garnish**

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 698 Calories; 37g Fat (48.0% calories from fat); 48g Protein; 42g Carbohydrate; 1g Dietary Fiber; 272mg Cholesterol; 831mg Sodium. Exchanges: 2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 5 1/2 Fat.

Notes: You can mix up the grits and shrimp, but if you want it to look pretty, just spoon the grits in the bowl and put the shrimp mixture on top with some added chopped Italian parsley.

Description:

1. Bring water and milk to a boil. Add salt and pepper. Add grits and simmer until fluid is absorbed but it's still creamy and soft, about 20 to 25 minutes. Add water if it thickens too quickly, as you do want to cook it for at least 20 minutes. Remove from heat and stir in butter and cheese. Cover and set aside.
2. Rinse shrimp and pat dry. Fry the bacon in a large skillet until browned; drain well. In grease, add shrimp. Cook until shrimp turn pink. Add lemon juice, chopped bacon, parsley, scallions and garlic. Saute for 3 minutes just until shrimp is cooked through - no longer.
3. Spoon grits into a serving bowl. Add shrimp mixture. Serve immediately.