

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Big Easy Shrimp and Grits
Makes 4 servings**

Ingredients:

2 cups water
2 cups 1% milk
Salt and pepper
1 cup stone-ground grits
1 tablespoons butter
¼ cup parmesan cheese
½ cup shredded sharp cheddar cheese

1 pound shrimp, peeled and deveined
2 tablespoons olive oil
2 teaspoons minced garlic
2 teaspoons lemon juice
2 tablespoons chopped parsley
1 cup thinly sliced scallions

Directions.

1. Bring water and milk to a boil. Add salt and pepper. Add grits and cook until water is absorbed, about 15-20 minutes. Remove from heat and stir in butter and cheese.
2. Heat large skillet with oil on medium-high heat. Add shrimp and garlic. Cook until shrimp turn pink. Add lemon juice, parsley, and scallions. Saute for 3 minutes.
3. Spoon grits into a serving bowl. Add shrimp mixture and mix well. Serve immediately.

Nutritional Information per serving:

Calories: 422	Carbohydrates: 35g
Total Fat: 12g	Cholesterol: mg
Saturated Fat: 4g	Dietary Fiber: 2g
Sodium: 326mg	Protein: 26g