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.


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