



Shrimp & Grits... for Hungry Chicks



1/2 of recipe: 388 calories, 12.5g total fat (6g sat. fat), 857mg sodium, 34.5g carbs, 2.5g fiber, 1.5g sugars, 33g protein

Prep: 15 minutes **Cook:** 15 minutes

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Ingredients

1/2 cup quick-cooking grits
Dash salt
1/3 cup shredded reduced-fat cheddar cheese
2 tbsp. reduced-fat cream cheese
1 tbsp. light whipped butter or light buttery spread
8 oz. raw shrimp, peeled, tails removed, deveined
1/2 cup thinly sliced scallions
1 tbsp. chopped fresh parsley
1 tsp. lemon juice
1 tsp. chopped garlic
2 tbsp. precooked real crumbled bacon
Optional topping: hot sauce

Directions

In a medium nonstick pot, bring 2 cups water to a boil.

Add grits and salt, and stir well. Once returned to a boil, reduce heat to low. Cook and stir until water has absorbed, 6 - 7 minutes.

Remove from heat and stir in cheddar, cream cheese, and butter. Cover to keep warm.

Bring a large skillet sprayed with nonstick spray to medium heat. Cook shrimp for 2 minutes. Flip and cook for 1 minute, or until cooked through. Add scallions, parsley, lemon juice, and garlic. Mix well.

Serve grits topped with shrimp and bacon.

MAKES 2 SERVINGS

HG FYI: A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

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