



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

Green Plan [SmartPoints](#)® value 10*

Blue Plan (Freestyle™) [SmartPoints](#)® value 9*

Purple Plan [SmartPoints](#)® value 9*

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



More: [Lunch & Dinner Recipes, 30 Minutes or Less](#)

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.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.