

Shrimp & Cheddar Grits

http://www.eatingwell.com/recipes/shrimp_cheddar_grits.html

From *EatingWell*: May/June 2008

The South's version of creamy polenta, grits are easy to make on a weeknight—especially when topped with quickly broiled shrimp and scallions. Use the sharpest Cheddar you can find for these cheesy grits. Serve with: Sautéed greens and a tall glass of iced tea.

4 servings | Active Time: 25 minutes | **Total Time:** 25 minutes

Ingredients

- 1 14-ounce can reduced-sodium chicken broth
- 1 1/2 cups water
- 1 tablespoon butter
- 3/4 cup quick grits, (not instant) (see Shopping Tip)
- 1/2 teaspoon freshly ground pepper, divided
- 1/2 teaspoon salt divided
- 3/4 cup extra-sharp or sharp Cheddar cheese
- 4 slices applewood-smoked bacon
- 1 pound peeled and deveined raw shrimp, (16-20 per pound; see Shopping Tip)
- 1 bunch scallions, trimmed and cut into 1-inch pieces
- 1 cup thinly vertically sliced white onion
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon garlic powder
- 2 cups grape tomatoes, halved
- 1 teaspoon hot pepper sauce or chopped chipotle chile, canned in adobo sauce
- 1/8 teaspoon ground or crushed red pepper

Preparation

1. Position rack in upper third of oven; preheat broiler.
2. Bring broth, water, butter 1/4 teaspoon salt, and 1/4 teaspoon black pepper to a boil in a large saucepan over medium-high heat. Whisk in grits and 1/4 teaspoon pepper. Reduce heat to medium-low, cover and cook, stirring occasionally, until thickened, 5 to 7 minutes. Remove from heat and stir in cheese. Cover to keep warm.
3. While grits cook, cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 2 teaspoons drippings; crumble bacon. Add shrimp to drippings in pan; cook 2 minutes on each side or until done. Remove shrimp from pan. Add white onion to pan; sauté 1 minute. Stir in bacon, tomatoes, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon black pepper; sauté 2 minutes, stirring occasionally. Add shrimp, pepper sauce, and red pepper; cook 1 minute or until shrimp are heated. Serve over grits; sprinkle with green onions.

Nutrition

Per serving : 356 Calories; 13 g Fat; 5 g Sat; 3 g Mono; 197 mg Cholesterol; 27 g Carbohydrates; 32 g Protein; 1 g Fiber; 428 mg Sodium; 275 mg Potassium

2 Carbohydrate Serving

Exchanges: 2 starch, 4 lean meat, 1 fat