

# Spicy Shrimp and Grits

[Billy Strykowski of Cooking Light Magazine](#)

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## Ingredients

- 3 cups 1% low-fat milk
- 1 cup water
- 1 tablespoon butter
- 1/2 teaspoon salt, divided
- 1/4 teaspoon black pepper, divided
- 1 cup uncooked quick-cooking grits
- 1/2 cup (2 ounces) grated fresh Parmesan cheese
- 4 slices apple wood-smoked bacon
- 1 pound peeled, deveined large shrimp
- 1 cup thinly vertically sliced white onion
- 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
- 1/4 cup green onion strips

## Preparation

1. Combine milk, water, butter, 1/4 teaspoon salt, and 1/8 teaspoon black pepper in a saucepan over medium-high heat. Bring to a simmer; gradually add grits, stirring constantly with a whisk. Reduce heat to medium; cook 4 minutes or until thick, stirring occasionally. Remove from heat; stir in cheese.
2. 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.

3. Add shrimp to drippings in pan; cook 2 minutes on each side or until done. Remove shrimp from pan.
4. 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.
5. Add shrimp, pepper sauce, and red pepper; cook 1 minute or until shrimp are heated. Serve over grits; sprinkle with green onions