

# Shrimp and Grits



Serving Size: 2

TOTAL TIME



(including 20 mins setting in refrigerator)

DIFFICULTY



MODERATE



GLUTEN-FREE

## Preparation

1. In a medium saucepan, cook grits according to the package instruction (typically 15-20 minutes).
2. While cooking the grits, begin the shrimp mixture by adding teaspoons of oil to a large skillet with the diced sausage. Brown for about 5 minutes. Remove sausage and set aside.
3. Next, add the onion, red pepper, and garlic to the same skillet. Cook on medium high heat until tender, about 5 minutes. Add the garlic, shrimp, sausage and broth. Cook for another 5 minutes until shrimp are cooked.
4. Turn off heat and top with the green onions, parsley, and lemon juice.
5. Finish the cooked grits by mixing the olive oil and the cheese into the grits.
6. Split the grits into two bowls, top each with 1/2 of the shrimp mixture.

## Ingredients

### Grits

- 1/2 cup grits, dry
- 2 teaspoons olive oil
- 1/4 cup asiago or parmesan cheese shredded

### Shrimp

- 2 teaspoons olive oil
- 2 ounces Andouille chicken sausage (gluten free), diced
- 1/2 cup onion, chopped
- 1 cup red bell pepper, chopped
- 2 cloves garlic, minced
- 8 ounces raw, peeled, deveined shrimp
- 1/2 cup vegetable or gluten free chicken broth
- 2 green onions, sliced thin using a portion of green stalk
- 2 tablespoons parsley minced
- 2 tablespoons fresh lemon juice

## Nutrition Facts Per Serving

Calories	471
Fat	16g
Saturated Fat	4g
Cholesterol	216mg
Carbohydrate	41g
Fiber	3g
Protein	40g