

## Shrimp & Cheddar Grits

Makes 4 servings

### Grits:

3 cups water  
3/4 cup quick grits (not instant)  
1/8 tsp garlic powder  
1/4 tsp ground pepper, divided  
3/4 cup reduced fat sharp Cheddar cheese

### Shrimp:

1 lb. frozen medium shrimp, thawed, peeled & deveined  
1 bunch scallions, green portion sliced into thin pieces  
1 Tbsp olive oil  
1/4 tsp pepper  
1/4 tsp garlic powder  
1/8 tsp salt



Position rack in upper third of oven; preheat broiler to high. Cover a baking sheet with nonstick foil.

Bring water to a boil in a medium saucepan over medium-high heat. Slowly whisk in grits into boiling water. Reduce heat to medium-low, cover. Cook 5-7 minutes, stirring occasionally, until thickened. Remove from heat and stir in pepper, garlic powder and cheese. Once cheese is melted, cover and keep warm.

While grits are cooking, toss shrimp, scallions, oil, pepper, garlic powder and salt in a medium bowl. Transfer to foil-covered baking sheet. Broil, stirring once, until the shrimp are pink and cooked through, about 6 minutes total.

Serve the broiled shrimp over prepared cheese grits.

Nutrition Facts (per serving): 320 calories, 10 g fat (3.5g saturated fat), 420mg sodium, 31 g protein. 15% Vitamin A, 10% Vitamin C, 40% Calcium, 20% Iron.

*Recipe adapted from EatingWell.com*

