



Shrimp & Grits (GERD)

This take on a southern classic is much lower in fat and sodium without sacrificing on flavor!

U.S.

For the Grits:

2 cups	Water
2 cups	Milk, 1%
1/4 tsp	Salt
3/4 cup	Grits, stoneground
1/4 cup	Parmesan Cheese, grated

Metric

590 mL
355 mL
1.5 g
160 g
30 g

For the Shrimp:

1 lb	Shrimp, peeled, de-veined	455 g
1/4 tsp, divided	Salt	1.5 g, divided
To taste	Black Pepper, ground	To taste
2 tsp	Salt-Free Creole Seasoning Mild (see recipe)	6 g
4 tsp, divided	Olive Oil	20 mL, divided
3/4 cup	Scallion (Green Onion), thinly sliced	75 g
3/4 cup	Red Bell Pepper, finely chopped	120 g
1/2 tsp	Garlic Powder	1.5 g
2 tsp	All-Purpose Flour or Cornstarch	5 g
1 1/2 cups	Chicken, Vegetable, or Seafood Stock, unsalted	355 mL
1 each	Lemon, zested and juiced	15 mL

Preparation:

For the Grits:

1. Gather all ingredients and equipment.
2. In a medium sized pot, bring water, milk, and salt to a boil.
3. Add the grits and whisk to combine. Decrease the heat to low and cover the pot with a lid. Whisk occasionally to avoid lumps. Cook until creamy, about 20-25 minutes, adding more water as necessary to prevent grits from getting too thick.
4. Once creamy, remove the pot from the heat and mix in the cheese. Serve warm. If not serving immediately, you may need to add more liquid. Grits will continue to thicken as they sit.

For the Shrimp:

1. Season the shrimp with 1/8 tsp of salt, black pepper, and creole seasoning.
2. Heat a large skillet over medium-high heat and add 2 teaspoons of oil. Once hot, add the shrimp and cook, stirring often, until they just turn pink, about 3-4 minutes. Transfer the shrimp to a bowl - they will finish cooking later in the sauce.
3. Heat the remaining 2 teaspoons of oil in the same skillet and add the scallions and bell pepper. Season the vegetables with remaining 1/8 tsp of salt and garlic powder and cook until softened, about 4-5 minutes.
4. Add the flour or cornstarch. Cook for 1 minute, then add the stock and simmer until the sauce thickens slightly, about 1-2 minutes. Stir in the lemon juice.
5. Add the shrimp back to the pan and stir to combine. Cook another 2-3 minutes, until the shrimp are cooked through (the centers should be completely opaque).
6. Serve 4 ounces (about 6-8) of shrimp over 3/4 cup of grits. Garnish with lemon zest.

****Nutrition Facts on Reverse**

7/13/20

Nutrition Facts

4 Servings

Serving size **4 ounces (about 6-8) shrimp, 3/4 cup grits**

Amount per serving

Calories **400**

Total Fat	12 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	4.5 g
Cholesterol	185 mg
Sodium	580 mg
Total Carbohydrate	40 g
Dietary Fiber	4 g
Total Sugars	9 g
Includes 0g Added Sugars	
Protein	34 g
Vitamin D	8 %
Calcium	22 %
Iron	19 %
Potassium	600 mg
Phosphorus	170 mg
