



HEALTHY SOUL FOOD FRIDAY



SHRIMP and GRITS (courtesy of Southern Living)

Hands-On: 25 mins • Total: 30 mins • Yield: Makes 6 serving

INGREDIENTS

Parmesan Grits:

- ½ teaspoon salt
- 1 cup uncooked quick-cooking grits
- ½ cup freshly grated Parmesan cheese
- ½ teaspoon freshly ground pepper

Creamy Shrimp Sauce:

- 1 pound unpeeled, medium-size raw shrimp (4 1/50 count)
- ¼ teaspoon freshly ground pepper
- .13 teaspoon salt
- Vegetable cooking spray
- 1 tablespoon olive oil
- 1 tablespoon all-purpose flour
- 1 ¼ cups low-sodium fat-free chicken broth
- ½ cup chopped green onions
- 2 garlic cloves, minced
- 1 tablespoon fresh lemon juice
- ¼ teaspoon salt
- ¼ teaspoon hot sauce
- 2 cups firmly packed fresh baby spinach

DIRECTIONS

Step 1

Prepare Parmesan Grits: Bring 1/2 tsp. salt and 4 cups water to a boil in a medium saucepan; gradually whisk in grits. Cook over medium heat, stirring occasionally, 8 minutes or until thickened. Whisk in cheese and pepper. Keep warm.

Step 2

Prepare Creamy Shrimp Sauce: Peel shrimp; devein, if desired. Sprinkle shrimp with pepper and 1/8 tsp. salt. Cook in a large nonstick skillet coated with cooking spray over medium-high heat 1 to 2 minutes on each side or just until shrimp turn pink. Remove from skillet. Reduce heat to medium. Add oil; heat 30 seconds. Whisk in flour; cook 30 seconds to 1 minute. Whisk in broth and next 5 ingredients; cook 2 to 3 minutes or until thickened. Stir in shrimp and spinach; cook 1 minute or until spinach is slightly wilted. Serve immediately over grits.

Note: Nutritional analysis includes 1/2 cup grits and about 1/3 cup sauce.

Nutrition Facts

Per Serving:

235 calories; fat 6.1g; saturated fat 1.9g; mono fat 2g; poly fat 0.6g; protein 19.1g; carbohydrates 25.2g; fiber 1.4g; cholesterol 118.7mg; iron 3.3mg; sodium 749mg; calcium 177mg.

