

# Cajun Shrimp 'n Grits

## Ingredients

- 1/2 tsp seasoned salt
- 1/2 tsp black pepper
- 1 ½ tsp oregano leaves
- 1 tsp onion powder
- 1/2 tsp crushed red pepper flakes
- 1/2 tsp chili powder
- 1/4 tsp ground cumin
- 6 oz raw medium shrimp, peeled, deveined (31-40 shrimp per pound), thawed if frozen

### Grits

- 3 packets Quaker® Instant Grits - Original Flavor
- 1 ½ cups water
- 1/2 cup (2 oz) shredded reduced-sodium cheddar cheese

## How to make it

1. Heat oven to 400°F. Combine seasoning ingredients; mix well.
2. Coat shrimp on both sides with seasoning mix.
3. Line baking pan with aluminum foil.
4. Spray with nonstick cooking spray.
5. Bake shrimp 4 minutes; turn.
6. Bake 1 to 2 minutes more or until shrimp are opaque, and cooked through.
7. Place grits in 4-cup microwave-safe bowl.
8. Add water; stir to combine.
9. Microwave on HIGH 4 minutes, stirring after 3 minutes, or until thickened as desired.
10. Add cheese; stir until cheese melts.
11. Serve topped with shrimp.



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
5 min	10 min	15 min	2

## Made with



Quaker® Instant Grits - Original Flavor