

Shrimp and Grits Bowl

Ingredients

- 1 cup Quaker® Grits, Old Fashioned or Quick
- 3 cups no sodium or low sodium vegetable or chicken broth
- 2 cloves garlic, minced, divided
- 1/4 tsp salt, optional
- 3/4 cup thinly sliced green onions, divided
- 1 tbsp unsalted butter
- 1 lb medium shrimp, peeled and deveined, thawed if frozen, pat dry (see note)
- 1 cup diced red bell pepper
- 1 cup white wine (or no sodium or low sodium vegetable or chicken broth)

How to make it

1. Preheat oven to 350°F.
2. Bring broth to briskly rolling boil in medium saucepan. Slowly stir in grits, half of garlic and salt, if desired.
3. Reduce heat to low; cover. Cook 15 to 20 minutes for Old Fashioned, 5 to 7 minutes for Quick or until thickened, stirring occasionally. Remove from heat.
4. Stir 1/4 cup green onions into grits. Press grits into bottom and up sides of 4 (2 cup capacity) ramekins or baking dishes sprayed with nonstick cooking spray. Place on baking sheet. Bake 15 minutes or until set and beginning to brown.
5. Meanwhile, heat butter in large nonstick skillet over medium heat. Add remaining garlic to skillet. Cook and stir 1 minute or until fragrant. Add shrimp. Cook about 3 minutes, stirring frequently, just until pink. Remove from skillet. Add bell pepper. Cook and stir 2 to 3 minutes or until crisp-tender. Increase heat to medium-high. Add wine; cook and stir to reduce slightly. Add 1/4 cup green onions. Return shrimp to skillet. Cook and stir 1 to 2 minutes to heat



PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
10 min	45 min	55 min	4

Made with



Quaker® Quick Grits - Original

shrimp.

6. Spoon shrimp into grits "bowls." Sprinkle each with remaining 1/4 cup green onions.