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

*For the Shrimp:*
- 1 lb Shrimp, peeled, de-veined
- 1/4 tsp, divided Salt
- To taste Black Pepper, ground
- 2 tsp Salt-Free Creole Seasoning Mild (see recipe)
- 4 tsp, divided Olive Oil
- 3/4 cup Scallion (Green Onion), thinly sliced
- 3/4 cup Red Bell Pepper, finely chopped
- 1/2 tsp Garlic Powder
- 2 tsp All-Purpose Flour or Cornstarch
- 1 1/2 cups Chicken, Vegetable, or Seafood Stock, unsalted
- 1 each Lemon, zested and juiced

**Metric**

- 590 mL Water
- 355 mL Milk, 1%
- 1.5 g Salt
- 160 g Grits, stoneground
- 30 g Parmesan Cheese, grated

**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 reamining 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).

**Nutrition Facts on Reverse**
### Nutrition Facts

4 Servings

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

**Amount per serving**

<table>
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<tr>
<th>Nutrient</th>
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<tbody>
<tr>
<td>Calories</td>
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<td>Total Fat</td>
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