

Shrimp & Grits (GERD)

U.S.

For the Grits:

2 cup	Stone Ground Grits
2 Tbsp	Olive Oil
7 cup	Water
1 cup	Milk, low-fat
1/2 cup	Cheddar Cheese, shredded
1 tsp	Smoked Paprika
1/4 cup	Chives, chopped
1/2 tsp	Salt
To Taste	Black Pepper, ground

Metric

340 g
30 mL
1.656 L
240 mL
56.50 g
4 g
30 g
3 g
To Taste

For the Shrimp:

1.5 lbs	Shrimp, peeled, de-veined
1 Tbsp	Olive Oil
1 tsp	Garlic powder
1/4 tsp	Salt
To taste	Black Pepper, ground

.68 kg
15 mL
3.1 g
1.5 g
To Taste

Preparation:

For the Grits:

1. Gather all ingredients and equipment.
2. Place a large pot over medium-high heat; add olive oil, water, milk, and a pinch of salt.
3. Slowly stir the grits into the boiling mixture, stir continuously and thoroughly until the grits are well mixed. Decrease the heat to low and cover the pot with a lid.
4. Whisk frequently, every 3-5 minutes to prevent the grits from sticking or forming lumps. Continue to cook and whisk for 20-25 minutes or until the grits are creamy.
5. Once creamy, remove the pot from the heat and slowly mix in the cheese, chives, and spices. Adjust seasoning when necessary and serve!

For the Shrimp:

1. Preheat an oven to 350°F (180°C).
2. In a large mixing bowl, toss shrimp with oil, garlic powder, salt, and pepper. Make sure that the shrimp are evenly coated.
3. Place the shrimp on a baking sheet lined with parchment paper. Bake until the shrimp are white and opaque, about 7-10 minutes.
4. Serve 6-8 shrimp over 1/2 cup of grits and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	1/2 cup grits
	6-8 shrimp
Servings	8
Calories	355
Calories from Fat	160
Total Fat	173 g
Saturated Fat	3 g
Trans Fat	0 g
Monounsaturated Fat	10 g
Cholesterol	65 mg
Sodium	441 mg
Carbohydrates	39 g
Dietary Fiber	3 g
Sugars	2 g
Protein	13 g
Vitamin A	100 %
Calcium	13 %
Vitamin C	10 %
Iron	3 %
