

Cook Once, Eat Twice Shrimp and Grits.

Sauteed Shrimp

Ingredients:

- 2 tablespoons vegetable oil
- 1 pound shrimp, peeled and deveined
- 1 teaspoon no-salt Creole seasoning
- ½ cup bell pepper, diced
- 2 teaspoons garlic, minced
- 1 teaspoon paprika
- 1 tablespoon parsley, chopped
- 2 green onions, thinly sliced
- ¾ cup unsalted beef broth
- 1 ½ teaspoons Worcestershire sauce
- ½ lemon, juiced
- Salt and pepper, to taste
- Hot sauce, to taste

Instructions:

1. In a large skillet, heat 1 tablespoon of the vegetable oil over medium heat, then add shrimp. Season with no-salt Creole seasoning and sauté for about 3-4 minutes. Set aside.
2. Add 1 tablespoon of vegetable oil to the skillet and sauté bell peppers until soft.
3. To the skillet, add garlic, paprika, parsley, green onions, broth, and Worcestershire sauce. Continue cooking for 3 minutes.
4. Add shrimp back to pan with lemon juice, salt, pepper, and hot sauce. Continue cooking until warmed through.
5. Remove from heat and serve over grits.

Source: Immaculate Bites

Serves: 6

Prep Time: 10 minutes

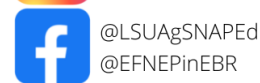
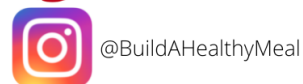
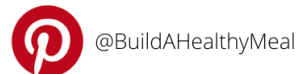
Cook Time: 10 minutes

Nutrition Facts	
6 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 370mg	16%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 177mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Cook Once, Eat Twice Shrimp and Grits.

Cheese Grits

Ingredients:

- 1 cup water
- 3 cups skim milk
- 1 bay leaf
- Salt to taste
- 1 cup quick grits
- 2 tablespoons margarine
- 1 cup reduced fat cheddar cheese

Instructions

1. To a heavy sauce pan, add water, milk, bay leaf and salt. Bring to a boil then remove the bay leaf.
2. Gradually whisk in grits until you have added them all to the pot. Keep stirring to prevent lumps.
3. Reduce the heat and cook grits at a low simmer, covered, frequently stirring, until water is fully absorbed and grits are thickened to desired consistency. This will take about 3-5 minutes.
4. Remove from heat; add margarine and cheese. Stir until cheese is melted.
5. Portion out the grits in individual bowls and top with the shrimp mixture. Enjoy piping hot.

Source: Immaculate Bites.

Serves: 6

Prep Time: 5 minutes

Cook Time: 5 minutes

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	240
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 260mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 2mcg	10%
Calcium 407mg	30%
Iron 1mg	6%
Potassium 251mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



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