Dinner Tonight!

Healthy Southern Shrimp and Grits

2 cups white grits, cooked
2 Tablespoons olive oil
1 pound shrimp, peeled and deveined
1 small sweet onion, diced
1 small tomato, chopped
1 small green bell pepper, sliced

Cook grits in saucepan according to directions using water. Set aside. In skillet, add olive oil, sweet onion, green bell pepper, tomato, and shrimp. (Can use cooked shrimp, but add last just to warm.) Sauté in skillet on medium to low heat until shrimp is pink and vegetables are tender about 3 minutes. If you want really tender vegetables, add those first and sauté before adding shrimp.

Ladle shrimp mixture over grits and serve.

For a more authentic southern shrimp and grits, add crumbled cooked bacon and cheese on top of the grits, then top with the shrimp mixture. Remember, adding bacon and cheese will add more calories.

Preparation Time: 5 minutes
Cook Time: 25 minutes
Serves: 4
Cost per serving: $2.94

Nutrition facts per serving:
Calories: 451
Total Fat: 28 g
Cholesterol: 166 mg
Sodium: 207 mg
Total Carbohydrate: 29 g
Protein: 21 g

Serve with: A tossed strawberry and spinach salad