

THEODORA

speaks



Nicole Bolden

Shrimp & Grits

Ingredients (serving size 4)

- 2 cups reduced-sodium chicken broth
- 2 cups 2% milk
- 1/3 cup butter, cubed
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup uncooked old-fashioned grits
- 1 cup shredded cheddar cheese
- 8 thick-sliced bacon strips, chopped
- 1 pound uncooked medium shrimp, peeled and deveined
- 3 garlic cloves, minced
- 1 teaspoon Cajun or blackened seasoning
- 4 green onions, chopped

Directions

In a large saucepan, bring the broth, milk, butter, salt and pepper to a boil. Slowly stir in grits. Reduce heat. Cover and cook for 12-14 minutes or until thickened, stirring occasionally. Stir in cheese until melted. Set aside and keep warm.

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels with a slotted spoon; drain, reserving 4 teaspoons drippings. Saute the shrimp, garlic and seasoning in drippings until shrimp turn pink. Serve with grits and sprinkle with onions.