

# Healthy Shrimp & Grits



*Recipe courtesy of [foodandnutrition.org](http://foodandnutrition.org)*

## INGREDIENTS

- 3¾ cups reduced-sodium chicken broth
- 1 tbsp smoked paprika
- 1 cup stone ground, whole-grain yellow grits (may be labeled polenta)
- 1 pound peeled and deveined large shrimp
- ½ tbsp kosher salt
- 3 garlic cloves, crushed
- 1 tablespoon extra-virgin olive oil
- 2½ cups sliced mushrooms
- 6 scallions, cut into 2-inch pieces
- ½ tbsp dried thyme
- ½ tbsp coarse ground black pepper

## DIRECTIONS

1. Combine chicken broth and ½ tbsp smoked paprika in a medium pot with a lid and bring to a boil. Gradually pour in grits and stir vigorously. Reduce heat to medium low, so grits cook at a low boil. Keep pot covered except to stir periodically to prevent clumping. Remove from heat when grits are at desired consistency, 6-8 minutes.
2. While the grits are cooking, toss shrimp with the salt, crushed garlic and remaining ½ tbsp smoked paprika.
3. Heat the olive oil in a large nonstick skillet over medium heat and swirl to cover pan. Add the shrimp and cook on each side until just pink, a total of about 3-4 minutes. Remove shrimp from skillet.
4. In the same skillet, add the mushrooms and scallions. Sauté on medium high heat for 2-3 minutes or until soft. Return cooked shrimp to the skillet. Sprinkle the thyme and pepper over shrimp and vegetables, and stir.
5. To serve, scoop about 1 cup of grits and 1 cup of shrimp and vegetable mixture into each of 4 bowls.