

Stir-Fry Shrimp with Cheesy Grits

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Servings: 4

*2 red and/or yellow sweet peppers
1/2 cup quick-cooking hominy grits
1/2 cup (4 ounces) Mexican cheese
blend, shredded
salt
black pepper
1 1/2 pounds medium shrimp, peeled
and deveined, tails intact
1/2 teaspoon chili powder
1/4 cup olive oil, divided
1 cup cilantro sprigs
1 tablespoon cider vinegar*

Halve, seed and coarsely chop the peppers.

In a medium saucepan, heat 1-3/4 cups of water to boiling. Stir in the grits and peppers. Return to a boil. Reduce the heat. Simmer, covered, for 5 minutes, until most of the water is absorbed and the grits are tender. Stir in the cheese. Sprinkle with salt and pepper. Cover and keep warm.

In a bowl, toss the shrimp with chili powder. In a large skillet over medium-high heat, heat one tablespoon of oil. Add the shrimp. Cook and stir for 3 to 4 minutes or until the shrimp are opaque.

In a food processor, combine the remaining oil, cilantro, vinegar and two tablespoons of water. Drizzle the oil mixture over the shrimp and grits.

If desired, serve with lemon wedges and cilantro.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 301 Calories; 16g Fat (50.5% calories from fat); 34g Protein; 2g Carbohydrate; trace Dietary Fiber; 259mg Cholesterol; 255mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	301	Vitamin B6 (mg):	trace
% Calories from Fat:	50.5%	Vitamin B12 (mcg):	1.7mcg
% Calories from Carbohydrates:	2.5%	Thiamin B1 (mg):	trace

% Calories from Protein: 47.0%
 Total Fat (g): 16g
 Saturated Fat (g): 2g
 Monounsaturated Fat (g): 10g
 Polyunsaturated Fat (g): 2g
 Cholesterol (mg): 259mg
 Carbohydrate (g): 2g
 Dietary Fiber (g): trace
 Protein (g): 34g
 Sodium (mg): 255mg
 Potassium (mg): 325mg
 Calcium (mg): 90mg
 Iron (mg): 4mg
 Zinc (mg): 2mg
 Vitamin C (mg): 4mg
 Vitamin A (i.u.): 416IU
 Vitamin A (r.e.): 103RE

Riboflavin B2 (mg): trace
 Folic Acid (mcg): 5mcg
 Niacin (mg): 4mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value: 0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 5
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 2 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 301 Calories from Fat: 152

% Daily Values*

Total Fat	16g	25%
Saturated Fat	2g	11%
Cholesterol	259mg	86%
Sodium	255mg	11%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	34g	
Vitamin A		8%
Vitamin C		6%
Calcium		9%
Iron		23%

* Percent Daily Values are based on a 2000 calorie diet.