

Speedy Shrimp and Grits with Sugar Snaps and Tomatoes

Dash Magazine
www.dashrecipes.com

Servings: 4

1 cup stone-ground white grits
2 tablespoons unsalted butter, divided
Kosher salt
1/2 small shallot, chopped
about 1/2 cup kernels from one ear of corn
1 tablespoon vegetable oil
red pepper flakes (optional)
1 cup cherry tomatoes, halved
1/4 cup red bell pepper, chopped
1 cup sugar snap peas, trimmed
unsalted butter (as needed)
3/4 pound shrimp, peeled and deveined

Preparation Time: 20 minutes

In a large pot, bring three cups of water to a boil. Add the grits. Lower the heat to a simmer. Cover and cook for 20 minutes, stirring occasionally. When the grits are thickened yet creamy, remove from the heat. Stir in one tablespoon of butter. Salt to taste. Cover to keep warm.

In a large skillet over medium heat, saute' the shallots and corn in one tablespoon of butter and the oil. Add the red pepper flakes, if desired. Cook until the corn is browned, about 2 minutes. Push to the sides of the skillet.

Add the tomatoes, bell pepper and peas. Cook about 2 minutes. Then push to the sides of the skillet.

Add a bit more butter if skillet is dry. Raise the heat to medium-high. Add the shrimp. Saute' until cooked through, about 1 minute per side. Stir and remove from the heat.

Spoon the grits into bowls. Top with the shrimp and vegetable mixture.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 196 Calories; 11g Fat (50.2% calories from fat); 18g Protein; 6g Carbohydrate; 1g Dietary Fiber; 145mg Cholesterol; 132mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	196	Vitamin B6 (mg):	trace
% Calories from Fat:	50.2%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	11.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	38.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	11g	Folacin (mcg):	11mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	145mg	% Refuse:	n n%
Carbohydrate (g):	6g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	18g	Lean Meat:	2 1/2
Sodium (mg):	132mg	Vegetable:	1/2
Potassium (mg):	264mg	Fruit:	0
Calcium (mg):	64mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	29mg		
Vitamin A (i.u.):	1479IU		
Vitamin A (r.e.):	191 1/2RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	196	Calories from Fat:	98
% Daily Values*			
Total Fat	11g		16%
Saturated Fat	4g		21%
Cholesterol	145mg		48%
Sodium	132mg		6%
Total Carbohydrates	6g		2%
Dietary Fiber	1g		5%
Protein	18g		
Vitamin A			30%
Vitamin C			48%
Calcium			6%
Iron			14%

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