
*S*HRIMP AND CREAMY CHEESY GRITS

| | |
|--|--|
| <i>½ to ¾ lbs. shelled and deveined shrimp</i> | <i>½ c. yellow corn grits</i> |
| <i>2 T. olive oil</i> | <i>2 oz. cream cheese (I used reduced-fat)</i> |
| <i>2 tsp. Old Bay seasoning</i> | <i>1 c. shredded sharp cheddar cheese</i> |
| <i>1 tsp. Italian seasoning</i> | <i>2 green onion stalks, chopped</i> |
| <i>¼ tsp. garlic powder</i> | <i>2 slices bacon</i> |
| <i>¼ tsp. smoked paprika</i> | <i>Salt and pepper taste</i> |
| <i>2 c. chicken broth</i> | |

In a large skillet, cook two slices of bacon over medium heat until crisp. Remove from skillet and roughly chop. Wipe skillet clean and set aside to use later for the shrimp. In a medium to large saucepan, bring chicken broth to a boil, add grits and reduce heat to low. Cover and let grits simmer for 7 minutes, stirring occasionally. When grits have absorbed the liquid, add cream cheese, shredded cheese and salt and pepper to taste. Stir mixture well, cover and remove from heat. Place shrimp in a large plastic bag or mixing bowl, add Old Bay, Italian seasoning, garlic powder and smoked paprika and toss until shrimp is coated. Heat olive oil in a large pan over medium-high heat. Add shrimp and cook 3 minutes on each side or until shrimp is pink and tender. **To assemble the shrimp and grits:** Add a heaping serving of grits in two shallow bowls. Top with shrimp, chopped green onions, chopped bacon and additional pepper.

Andrea Johnson Alford

*S*HRIMP AND RICE CASSEROLE

| | |
|---|-------------------------------------|
| <i>½ stick butter</i> | <i>1 can cream of mushroom soup</i> |
| <i>1 c. frozen chopped seasoning (onion, bell pepper, celery)</i> | <i>1 lb. shrimp</i> |
| <i>1 can cheddar cheese soup</i> | <i>Cooked rice</i> |

Melt butter and sauté seasonings, then add shrimp and sauté until pink. Add salt and pepper to taste. Add soup and simmer for 30 minutes. Serve over rice.

Cheryl Johnson