



Sparkle Kitchen

Shrimp and Grits (serves 4)

Ingredients

- 1 cup quick cooking grits (not instant)
- 3 cups water
- ½ cup milk
- 1 tablespoon butter
- ½ tablespoon salt
- 1 tablespoon lemon juice
- ½ cup shredded cheese
- 1 tablespoon olive oil
- 1 clove garlic
- 1 pound large shrimp (thawed, peeled, and deveined)

Directions

Combine the grits and water in a medium saucepan. Stirring frequently, bring the mixture to a boil. Then, let it simmer for about five minutes. Be very careful as you stir, as the grits can pop up unexpectedly and burn your hands.

Once the mixture is starting to thicken, add the milk and butter. Simmer the mixture together for about two more minutes, continuing to stir.

Lastly, add the salt, lemon juice and cheese. Fold them in well, then move the grits to a back burner, set as low as you can, to keep the grits warm while you make the shrimp.

For the shrimp, heat the olive oil in a large skillet over medium heat. As the oil warms, peel a clove of garlic and give it one good whack with the back of a knife. Don't worry about cutting it up properly, just break it up a little.

Using a fork or tongs, rub the garlic clove all over the pan in the hot oil. You're just using it to flavor the pan. Then, toss in the shrimp and let them cook until they're bright pink with just a little browning.

Spoon the warm grits into big bowls, then sprinkle the shrimp on top. Drizzle on hot sauce if that's your thing. Otherwise, enjoy!