

Shrimp Scampi and Grits Polenta



Ingredients

- 1/4 cup Quaker® Old Fashioned - Standard Grits, uncooked
- 1 cup water
- 1/2 tbsp shredded Parmesan cheese
- 2 oz medium shrimp, shelled and deveined
- 1 tsp canola oil
- 1 tsp unsalted butter
- 1/2 tsp minced garlic
- 1 tbsp white wine
- 1/2 tsp fresh lemon juice
- 2 tbsp chopped parsley
- 1/2 tsp lemon zest
- Dash coarse grind black pepper

How to make it

1. In medium saucepan, bring water to a brisk boil. Slowly stir grits and salt into boiling water. Reduce heat to low; cover. Cook 15 to 20 minutes or until very thick, stirring occasionally. Stir in Parmesan cheese; keep warm.
2. While grits cook, prepare scampi. Pat shrimp dry with paper towels. In medium nonstick skillet, heat oil and butter over medium-low heat until butter melts. Stir in garlic; cook and stir 1 minute. Add shrimp to pan; cook 2 to 3 minutes or until they turn pink. Remove shrimp from pan. Cover with aluminum foil to keep warm.
3. Add wine and lemon juice to skillet. Stir to combine. Return shrimp to skillet; toss with parsley, lemon zest and black pepper. Stir to combine well. Serve over grits polenta.



PREP
TIME
10 min



COOK
TIME
25 min



TOTAL
TIME
35 min



SERVINGS
1

Made with



Quaker® Old Fashioned - Standard Grits