

Laura Lee's Shrimp and Grits

Ingredients:

GRITS

- 3 cups water
- 1 cup stone-ground grits
- 2 cups half and half
- 1/2 tsp. salt
- 3 Tbs butter
- 2 cups shredded sharp cheddar cheese

SHRIMP

- 5 slices of bacon
- 1/2 cup green onions, chopped small
- 1 tsp. minced garlic
- 1 lb peeled and deveined shrimp
- 1/2 tsp. Old Bay seasoning

In a large sauce pan, heat water and grits over medium-high heat until boiling. Add half and half and salt. Let simmer until liquid is absorbed, stirring occasionally, about 20 minutes. Remove from heat and stir in butter and cheese. Cover and set aside.

In a large skillet, fry bacon until crisp. Remove bacon to a plate and add onions and garlic to the skillet with the bacon grease. Saute for 2 minutes and add shrimp. Sprinkle Old Bay seasoning over shrimp and cook until the shrimp turns pink, about 3 minutes. Spoon grits into a serving bowl and add shrimp mixture on top. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Life is also about taking a break when you need it." - Anonymous