



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
**Jan Elliott Evans, PhD, RD, CNSD**  
**Registered Dietitian**  
**drevans@ub-well.com**  
**www.ub-well.com**  
**(804) 339-3200**

## **SHRIMP AND GRITS DRESSING**

***Southern Living - November 2011***  
***Makes 6-8 Servings***

- 1 pound peeled, medium-size raw shrimp
- 3 cups chicken broth
- ½ teaspoon salt
- ¼ teaspoon ground red pepper
- 1 cup uncooked regular grits
- ½ cup butter
- 3 large eggs, lightly beaten
- 1 red bell pepper, diced
- 1 cup fine, dry breadcrumbs
- 1 cup chopped green onions
- ½ cup grated Parmesan cheese

- Preheat oven to 325 degrees. Devein shrimp.
- Bring broth and next 2 ingredients to a boil in a large saucepan over medium-high heat. Whisk in grits, and return to a boil; reduce heat to low, and stir in butter. Cover and simmer, stirring occasionally, 10 minutes or until liquid is absorbed. Remove from heat.
- Stir together eggs and next 4 ingredients in a large bowl. Gradually stir about one-fourth of hot grits mixture into egg mixture; add egg mixture to remaining hot grits mixture, stirring constantly. Stir in shrimp until blended. Pour grits mixture into lightly greased 11x7 inch baking dish.
- Bake at 325 degrees for 55 minutes to 1 hour or until mixture is set. Let stand 10 minutes before serving.