



# Shrimp 'N Smoked Gouda Cheese Grits

Cooking Time: 30 Minutes

Your tastebuds deserve this healthy version of shrimp and grits, with cajun spices and smoky gouda cheese.

Ingredients are subject to availability

# Shrimp 'N Smoked Gouda Cheese Grits

## Ingredients:

shrimp

1/2 yellow onion

bell pepper

grits

gouda cheese

bouillon

1 garlic clove

mushrooms

lemon

cajun spice mix

## Instructions:

1. Peel and devein the shrimp, rinse, and set to the side.
2. Slice the onion, bell pepper, and mushrooms; mince the garlic.
3. Bring 3 cups of salted water and bouillon to a boil, per 1 cup of corn grits. Stir in the grits, reduce the heat to a simmer and cook, covered for 5 minutes, stirring occasionally. Remove from the heat and allow to sit for a couple of minutes. Stir in a tablespoon of butter or olive oil (optional); add the gouda cheese to the grits, and continue stirring to melt the cheese and combine the mixture. Taste for seasoning and add more salt, if desired. Set to the side.
4. Heat a skillet over medium high heat and sauté the onion, bell pepper, and mushrooms in a couple of teaspoons of olive oil for a few minutes. Add in the shrimp, garlic, cajun spice mix, lemon zest and the juice of 1/2 lemon, cooking for another few minutes, or until the vegetables are tender and the shrimp is pink and cooked through.
5. Divide the grits between plates and top with the cajun shrimp and vegetable mixture. Season with salt and pepper to taste. Enjoy!