



Shrimp & Grits Stuffed Peppers

Prep: 15 minutes

Bake: 10 minutes • Serves: 4

- 2 large red bell peppers, halved lengthwise and seeded
- 1¾ cups low-sodium chicken broth
- ½ cup skim milk
- ½ cup yellow corn grits
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil
- 12 ounces raw 31-40 count peeled and deveined shrimp, thawed if necessary
- ¼ cup shredded sharp Cheddar cheese
- 2 tablespoons unsalted butter
- ½ teaspoon Cajun seasoning
- 1 green onion, thinly sliced
- Cayenne pepper hot sauce (optional)

1. Preheat oven to 350°. Place bell peppers, cut side up, on large microwave-safe plate; heat in microwave oven on high 3 minutes or until slightly tender; transfer to rimmed baking pan, cut side up.

2. In medium saucepan, heat 1½ cups broth and milk to a boil over medium-high heat; reduce heat to low and whisk in grits. Cook 5 minutes or until slightly creamy, whisking occasionally; whisk in black pepper. Fill bell peppers with grits.

3. In large skillet, heat oil over medium-high heat; add shrimp and cook 2 minutes, turning once. Top grits with shrimp and cheese. Bake 10 minutes or until shrimp turn opaque throughout.

4. In same skillet, cook butter, Cajun seasoning and remaining ¼ cup broth 3 minutes or until reduced by half, whisking constantly. Drizzle peppers with broth mixture and sprinkle with green onion; serve with hot sauce, if desired.

Approximate nutritional values per serving:

311 Calories, 13g Fat (5g Saturated), 159mg Cholesterol, 726mg Sodium, 25g Carbohydrates, 2g Fiber, 5g Sugars, 0g Added Sugars, 21g Protein

Dietitian's Dish

> *Stuffed peppers offer a way to include most of the food groups in a single entrée. Choose your grain, add your protein (meat, seafood, or beans), include more veggies, and top with dairy. Serve them up with fruit and you've got a MyPlate meal in the making.*