

Shrimp and Vegetables Over Creamy Grits

Bruton Parish Church

Creamy Grits

- 3 cups water
- 1 cup quick grits
- ½ t. salt
- 1 cup shredded Colby Jack cheese
- ½ cup half-and-half
- 1 ear corn, kernels removed

Shrimp & Vegetables

- ¼ cup extra virgin olive oil
- 2 garlic cloves, finely chopped
- 1 pound shrimp, peeled and deveined
- seafood seasoning to taste

- ¼ cup extra virgin olive oil
- 4 medium yellow squash, chopped
- 1 medium zucchini, chopped
- 3 ears corn, kernels removed
- salt, pepper and Creole seasoning to taste

Bring water to boil. Add grits and salt. Reduce heat, cover and cook, stirring occasionally, 5 to 7 minutes or until thickened. Remove from heat. Add Colby Jack cheese, half-and-half and corn.

Heat ¼ cup oil in a skillet. Saute garlic, shrimp and seasoning until shrimp are pink. Remove to a covered baking dish and keep warm. To the skillet add ¼ cup oil, squash, zucchini, corn, salt, pepper and Creole seasoning. Cook and stir until vegetables are tender. Add to shrimp mixture and mix well. Serve over grits. 6 servings.