

## **Shrimp and Grits** (serves 4)

### Ingredients for Grits:

- 2 cups water
- 1 1/4 cups milk
- Salt and pepper
- 1 cup quick-cooking grits (not instant)
- 1/4 cup butter
- 1/2 cup grated parmesan cheese

In a small pot, bring the water, milk and 1 tsp salt to a boil. Slowly stir the grits into the boiling mixture, stirring continuously and thoroughly until the grits are well mixed. Let the pot return to a boil, cover with a lid, lower the temperature and cook for about 30 minutes, stirring occasionally. Add more water if necessary. The grits will have the consistency of smooth Cream of Wheat. Stir in the butter and cheese, and spoon into serving bowls.

### Ingredients for Shrimp:

- 1 pound shrimp, peeled and deveined
- 1/2 - 1/3 cup vegetarian bacon (strips) or sausage (crumbled)
- 3 tbsp butter
- 4 tsp lemon juice
- 2 tbsp chopped parsley
- 2 cloves of garlic, minced
- 1 cup chopped scallions

Rinse the shrimp and pat dry. Melt 2 tbsp of butter in a pan and cook the pieces of vegetarian sausage. Remove the sausage, add the remaining 1 tbsp butter and cook the shrimp until they are pink. Add lemon juice, parsley, sausage, scallions and garlic; sauté for 3 minutes. Add the shrimp mixture to the bowls of prepared grits, grate parmesan over the top, mix and serve immediately.