

SOUTHWEST SHRIMP & GRITS

Ingredients:

- 1 cup quick grits
- 1 Tbsp olive oil
- 1 poblano pepper, sliced
- 1 red bell pepper, sliced
- 1 lb shrimp, peeled & deveined
- 3 cloves garlic, minced
- 1 lime, juiced
- 1/4 cup queso fresco, crumbled

Preparation:

1. Prepare grits according to package directions. Cover & set aside.
2. In a large skillet, heat oil over medium-high. Add peppers & cook 3-4 minutes or until soft, stirring often.
3. Add shrimp, garlic & lime. Cook 4-5 minutes or until shrimp turns pink.
4. Top grits with shrimp mixture & queso fresco. Serve immediately.

35 Min | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (297g)

Amount per serving
Calories **220**

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 470mg	20%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 245mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

POBLANO PEPPERS

In Season

June - October



How to Select

Choose dark-green colored peppers that are heavy for their size with firm, shiny & wrinkle-free skin. Avoid peppers that are dull or pitted.

How to Store

Refrigerate peppers in a plastic bag up to 5 days or freeze in a freezer-safe bag up to 6 months. Avoid washing until ready to eat.

Helpful Tip

Try substituting poblano peppers for bell peppers in any recipe for a change in flavor.



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