

#### **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:**

- Prepare grits according to package directions.
  Cover & set aside.
- 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

6 servings per recipe Serving size	(297g
Amount per serving Calories 2	20
% Da	aily Value
Total Fat 5g	69
Saturated Fat 1.5g	89
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 470mg	20%
Total Carbohydrate 29g	119
Dietary Fiber 2g	79
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	09
Calcium 77mg	69
Iron 1mg	69
Potassium 245mg	69



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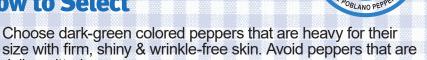




#### **In Season**

June - October

## **How to Select**



#### **How to Store**

dull or pitted.

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.





