

# Cajun Shrimp 'n Grits



**SERVINGS**

2



**COOKING TIME**

9 to 10 minutes

Cajun Shrimp 'n Grits is the perfect recipe when you're looking for a little southern comfort. Make this classic dish in less than 15 minutes for a well-seasoned lunch or dinner option that is good any time of the year.

## Ingredients

- 1/2 tsp. seasoned salt
- 1/2 tsp. black pepper
- 1 1/2 tsps. oregano leaves
- 1 tsp. onion powder
- 1/2 tsp. crushed red pepper flakes
- 1/2 tsp. chili powder
- 1/4 tsp. ground cumin
- 6 ounces raw medium shrimp, peeled, deveined (31-40 shrimp per pound), thawed if frozen

### Grits

- 3 packets [Quaker® Instant Grits - Original Flavor](#)
- 1 1/2 cups water
- 1/2 cup (2 ounces) shredded reduced-sodium Cheddar cheese

## Cooking Instructions

1. Heat oven to 400°F. Combine seasoning ingredients; mix well.
2. Coat shrimp on both sides with seasoning mix.
3. Line baking pan with aluminum foil.
4. Spray with nonstick cooking spray.
5. Bake shrimp 4 minutes; turn.
6. Bake 1 to 2 minutes more or until shrimp are opaque, and cooked through.
7. Place grits in 4-cup microwave-safe bowl.

8. Add water; stir to combine.
9. Microwave on HIGH 4 minutes, stirring after 3 minutes, or until thickened as desired.
10. Add cheese; stir until cheese melts.
11. Serve topped with shrimp.