

# *Shrimp, Sausage, and Grits*

## *Ingredients*

### Shrimp and Sausage

3/4 lb uncooked medium shrimp, peeled (tail shells removed), deveined  
1 teaspoon 30% less sodium seafood seasoning  
1/4 teaspoon freshly ground pepper  
1 cup refrigerated prechopped tricolor bell pepper  
4.5 oz (about one-third of 14-oz ring) smoked turkey sausage, cut into 1/8-inch slices  
2 cloves garlic, finely chopped



### Spicy Grits

1/2 cup uncooked quick-cooking corn grits  
1/2 cup fat-free (skim) milk  
1/4 teaspoon salt  
1/4 teaspoon Worcestershire sauce  
3/4 teaspoon red pepper sauce

## *Directions*

Spray 12-inch skillet with cooking spray; heat over medium-high heat. Add shrimp; sprinkle with seafood seasoning and pepper. Cook 3 minutes, stirring frequently, until shrimp are pink. Remove shrimp; keep warm.

Respray skillet with cooking spray. Add bell pepper; cook 2 minutes over medium-high heat, stirring frequently. Add sausage; cook 2 minutes until lightly browned. Add garlic and cooked shrimp. Cook 1 minute, stirring constantly. Add 1/4 cup water; cook 30 seconds, stirring to loosen brown particles. Remove from heat; cover. In 2-quart saucepan, heat 1 1/2 cups water to boiling. Gradually stir in grits; reduce heat. Cover; simmer 5 minutes. Stir in milk. Remove from heat. Add remaining ingredients. Serve grits with shrimp mixture.

