



Spicy Cheese Grits with Shrimp

2 Tbsp olive oil	1 oz white wine	1-2 cups cooked black beans
2 tsp minced garlic	3½ cups water	16 large shrimp, peeled, cooked and halved (see note on reverse)
1 Tbsp each finely diced: onion, red bell pepper, yellow bell pepper and jalapeño pepper	¼ cups grits	
	4 oz low-fat mozzarella, grated	

Heat large skillet over medium-high heat, add 1 Tbsp olive oil and stir in 1½ tsp garlic. Cook until light brown, add onion, all the peppers and cook until onion is transparent. Deglaze pan with wine, add water and bring to a boil. Stir grits into the boiling water, turn heat to low and simmer, stirring occasionally for 15 minutes or until done. Stir in mozzarella and season with salt and pepper. Divide grits among four serving bowls. Spoon black beans in center and ring with halved shrimp. Sprinkle with additional mozzarella and diced bell peppers. Serves 4

(Continued on back)

Laura Bush

(Continued from front)

For Shrimp:

Peel and remove veins from shrimp. Heat skillet over medium heat, add one Tbsp olive oil and ½ tsp garlic. Stir until garlic begins to color, add shrimp and sauté until pink and firm, about 2 minutes. Deglaze pan with one ounce white wine, slice shrimp lengthwise, and stir into wine mixture.