

# Cheese and Pumpkin Grits with Bacon-Wrapped Shrimp

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Cheese and Pumpkin Grits with Bacon-Wrapped Shrimp is the perfect autumn treat for an easy dinner or for entertaining guests!



**Course** Fish and Seafood   **Cuisine** Southwestern / Mexican   **Diet** Gluten Free  
**Prep Time** 15 mins   **Cook Time** 30 mins   **Total Time** 45 mins   **Servings** 4   **Calories** 404  
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## Equipment

- [Wusthof Chef Knife](#)
- [Cutting Board](#)
- [Saucepan](#)
- [Nonstick Skillet](#)

## Ingredients

### Grits

- 3 cups chicken broth or water
- 1 cup pumpkin puree (not pumpkin pie mix)
- 2 to 3 canned chipotle chiles in adobo sauce finely chopped
- 1 teaspoon salt
- Freshly ground black pepper to taste
- 1 cup stone-ground grits
- 2 tablespoons butter
- 1 1/2 cups shredded white cheddar cheese

### Shrimp and Garnish

- 1/4 cup raw pumpkin seeds
- 2 bags (1-pound each) colossal shrimp (10-12 count per bag), peeled and deveined, tails left intact
- 12 slices bacon halved

## Instructions

### Grits

1. Bring water or chicken broth, pumpkin, chiles, salt and black pepper to a boil.
2. Slowly add the grits in a constant stream, stirring constantly. Reduce heat to medium-low and cook, stirring often, 15-20 minutes, or until thickened. Stir in butter and cheese, cover and let stand while browning the shrimp.

### **Shrimp and Garnish**

1. Toast the pumpkin seeds in a nonstick skillet for 3-5 minutes or until lightly browned in places, beginning to pop and you notice a toasted aroma. Transfer to a plate.
2. Wrap each shrimp in half a slice of bacon and secure with a toothpick. Place the shrimp in the nonstick skillet you used for the seeds and cook, turning frequently until the bacon is nicely browned on all sides and the shrimp is cooked through.
3. Serve the shrimp over the grits. Garnish with toasted pumpkin seeds.

### **Notes**

If you're nervous about overcooking the shrimp, you can parcook the bacon a little bit and then wrap the shrimp and finish cooking it.

### **Nutrition**

Serving: 1 | Calories: 404kcal | Carbohydrates: 39g | Protein: 17g | Fat: 20g | Saturated Fat: 11g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Trans Fat: 1g | Cholesterol: 49mg | Sodium: 1601mg | Potassium: 406mg | Fiber: 3g | Sugar: 3g | Vitamin A: 10432IU | Vitamin C: 15mg | Calcium: 344mg | Iron: 2mg