

Carolina Brunch Style Grits

Breakfast/Brunch of the Month December - 2014



Popeye had it right—there's nothing better than spinach! Bake it with corn grits, taco seasoning and lots of shredded Cheddar cheese, and it's a brunch with a punch.

Prep Time: 15 Min

Start to Finish: 45 Min

Makes: 8 servings

INGREDIENTS

- 1 cup quick-cooking corn grits
- 4 cups water
- 1 can (11 oz.) Mexican style whole kernel corn with red and green peppers, drained
- 1 box (9 oz.) chopped spinach, thawed
- 1/2 package (1 oz.) taco seasoning mix
- 2 tablespoons chopped onion
- 1 tablespoon butter or margarine
- 1 1/2 cups reduced-fat shredded Cheddar cheese (6 oz.)

DIRECTIONS

1. Heat oven to 350°F. Cook grits in water as directed on package.
2. In ungreased 13x9-inch (3-quart) glass baking dish, mix cooked grits and remaining ingredients except 1 cup of the cheese. Sprinkle with remaining 1 cup cheese.
3. Bake 22 to 27 minutes or until edges are bubbly and cheese is melted.

Recipe Provides: Dairy 1/2c, Grains 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	210	Calories from Fat:	80
Total Fat:	9 g	Saturated Fat:	5 g	Trans fat :	0 g
Cholesterol:	25 mg	Sodium:	440 mg	Total Carbohydrate:	24 g
Dietary Fiber:	2 g	Sugars:	0 g	Protein:	8 g



This recipe is adapted from WWW.eatbetterearly.com