CHEESY GRITS

Ingredients

Serves 4 people

2 cups water

1/2 teaspoon pepper

1 Tablespoon butter

1/2 teaspoon garlic powder (optional)

1/4 teaspoon salt

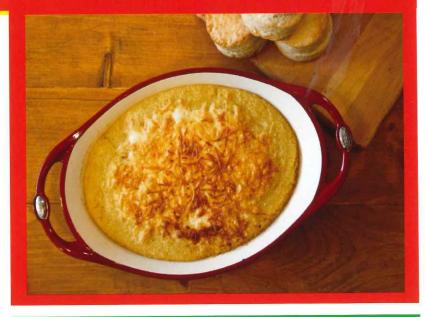
1/2 cup shredded cheese

1 cup grits





- 1. In a small saucepan, bring water, butter and salt to a boil.
- 2. Stir in grits in the boiling water.
- 3. Cover the pot, lower the heat to a simmer and cook grits according to package directions.
- 4. When grits are cooked, stir in the pepper and garlic powder.
- 5. Stir in cheese until blended. Serve warm.



Nutritional Value

122 calories

10g carbohydrates

7g fat

4g protein

5g saturated fat

380mg sodium

Marion County Public Health Department NUTRITION SERVICES

