

CHEESY GRITS

Ingredients

Serves 4 people

2 cups water	½ teaspoon pepper
1 Tablespoon butter	½ teaspoon garlic powder (optional)
¼ teaspoon salt	½ cup shredded cheese
1 cup grits	



Directions

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

