

Cheesy Grits

Makes: 6 Servings

This southern favorite uses reduced fat cheddar cheese. The garlic and chicken bouillon add more flavor.

Ingredients

- 2 cups** water
- 1** chicken bouillon cube (if you like)
- 1 clove** garlic, chopped
- 1/4 cup** onion, chopped
- 1 tablespoon** margarine
- 1/8 teaspoon** black pepper
- 1 cup** yellow grits, dry
- 1/4 cup** evaporated milk
- 1/2 cup** reduced-fat cheddar cheese, shredded

Directions

1. Bring water, garlic, onion, margarine, and black pepper to a boil in a heavy saucepan. If using bouillon, add that too.
2. Stir in the grits slowly.
3. Reduce heat to low and cook, covered, 20 minutes, stirring once in a while until grits soften.
4. Remove from heat. Add evaporated milk and cheese and stir until cheese melts.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	190	
Total Fat	7 g	
Protein	8 g	
Carbohydrates	23 g	
Dietary Fiber	1 g	
Saturated Fat	3.5 g	
Sodium	280 mg	