

Creamy, Cheesy Grits with Curried Poached Egg

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Servings: 4

2 strips bacon, coarsely chopped
2 cups vegetable broth
1/2 cup quick-cooking corn grits
1 cup sharp Cheddar cheese, shredded
2 ounces reduced-fat cream cheese
1/4 teaspoon salt
1/4 teaspoon pepper
2 to 3 cups water
2 teaspoons white vinegar
2 teaspoons curry powder
4 large eggs
additional shredded Cheddar cheese
(optional)
1 to 2 tablespoons minced chives or parsley

Preparation Time: 20 minutes

Cook Time:

In a saucepan, cook the bacon over medium heat until crisp, stirring occasionally. Remove. Drain on paper towels. Discard the drippings.

In the same saucepan over medium heat, bring the vegetable broth to a boil. Slowly stir in the grits. Reduce the heat to low. Simmer, covered, stirring occasionally, until thickened, about 2 minutes. Add the Cheddar cheese, cream cheese, salt and pepper. Stir well. Cover and remove from the heat.

In a saucepan, bring two cups of water, the vinegar and curry powder to a boil. Adjust the heat to maintain a gentle simmer. Break one egg into a small bowl. With a spoon, swirl the cooking water in a circle around the edge of the saucepan. Holding the bowl close to the surface, slip the egg into the center of the swirling water. Repeat with the remaining eggs, adding water, if necessary.

Poach, uncovered, until the whites are completely set and the yolks begin to thicken but are not hard, 3 to 5 minutes. Divide the grits among four bowls. Using a slotted spoon, remove the eggs from the water. Place one egg on top of each serving. Top with the chopped bacon and, if desired, extra shredded cheese. Sprinkle with chives or parsley.

Serve immediately.

Per Serving (excluding unknown items): 324 Calories; 20g Fat (57.0% calories from fat); 19g Protein; 16g Carbohydrate; 2g Dietary Fiber; 254mg Cholesterol; 1327mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 3 Fat; 0 Other Carbohydrates.