

## Side Dish

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# Bacon and Corn Saute'

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**2 slices bacon**

**1 onion, chopped**

**3 cups cooked corn grits**

**salt and pepper (to taste)**

Fry the bacon in a large skillet until crisp.

Remove bacon and chop. Set aside.

In the same skillet, saute' the onion in one teaspoon of the bacon fat for 5 minutes.

Add the corn to the skillet. Saute for 6 minutes.

Add the bacon and mix.

Sprinkle lightly with salt and pepper to taste.

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Per Serving (excluding unknown items): 550 Calories; 8g Fat (12.9% calories from fat); 15g Protein; 104g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 205mg Sodium. Exchanges: 6 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.