

Baked Grits

Beverly Brock

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 cups water
salt (to taste)
2/3 cup milk
1/2 cup grits
2 eggs, beaten
1 cup grated cheese
(optional)*

Preheat the oven to 400 degrees.

Cook the grits in water with salt until done and thick. Cool a little

Add the eggs and milk. Stir very well.

Turn the mixture into a greased casserole.

Bake for 45 minutes.

Cook until very brown and the center is done.

(You may add one cup of grated cheese to the mixture, if desired.)

Per Serving (excluding unknown items): 536 Calories; 16g Fat (27.8% calories from fat); 25g Protein; 70g Carbohydrate; 0g Dietary Fiber; 446mg Cholesterol; 234mg Sodium. Exchanges: 4 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 Fat.