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# Cheddar Cheese Grits Casserole

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 10 minutes

Start to Finish Time: 50 minutes

*Using a quick grits in this breakfast casserole cuts cooking time significantly, but if you prefer rustic coarse ground grits, simply cook them according to package directions , then proceed with the recipe, Step Three.*

**4 cups milk**

**1/4 cup butter**

**1 cup uncooked quick-cooking grits**

**1 large egg, lightly beaten**

**8 ounces (2 cups) shredded sharp cheddar cheese**

**1 teaspoon table salt**

**1/2 teaspoon freshly ground black pepper**

**3/4 ounce (1/4 cup) grated Parmesan cheese**

Preheat the oven to 350 degrees.

In a large saucepan over medium-high heat, bring the milk just to a boil. Gradually whisk in the butter and grits. Reduce the heat. Simmer, whisking constantly, for 5 to 7 minutes or until the grits are done. Remove from the heat.

Stir in the egg, cheddar cheese, salt and pepper. Pour into a lightly greased 11 x 7-inch baking dish, Sprinkle with grated parmesan cheese.

Bake, covered, in the preheated oven until set, 35 to 40 minutes. Serve immediately.

## Side Dishes

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*Per Serving (excluding unknown items): 792 Calories; 64g Fat (72.8% calories from fat); 44g Protein; 10g Carbohydrate; trace Dietary Fiber; 237mg Cholesterol; 1507mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 1/2 Non-Fat Milk; 9 Fat.*