
Cheese Grits II

Mary Lou Phillips

Nettles Island Cooking in Paradise - 2014

1 cup instant grits

4 cups water

2 eggs, beaten

1 stick margarine

2/3 pound grated Cheddar cheese (Optionally: three eight ounce bags - for double cheese)

2 teaspoons seasoned salt

1 1/2 teaspoons salt

9 or 10 drops tabasco sauce

paprika (for topping)

In a bowl, beat the eggs. Add the grated cheese and seasonings.

In a saucepan, boil the water. Add the grits. Cook for 5 minutes. Add the margarine and stir until melted. Add the cheese mixture and stir until the cheese melts.

Place the mixture in a shallow baking dish. Sprinkle with paprika.

Bake at 300 degrees for one hour.

Side Dishes

Per Serving (excluding unknown items): 995 Calories; 101g Fat (90.3% calories from fat); 15g Protein; 10g Carbohydrate; trace Dietary Fiber; 424mg Cholesterol; 7760mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Vegetable; 19 Fat; 0 Other Carbohydrates.