

Garlic Cheese Grits

Moore Tappan - Plant City, FL
Treasure Classics - National LP Gas Association - 1985

Yield: 4 to 6 servings

1 cup grits
4 cups water
1 teaspoon salt
1 stick Kraft garlic cheese
1 stick butter
2 eggs, beaten

Preparation Time: 10 minutes**Bake Time: 30 minutes**

In a saucepan, cook the grits until stiff in salted water. Add the cheese and butter. Mix well.

Add the beaten eggs. Turn the mixture into a two-quart casserole dish.

Bake in the oven at 350 degrees for 30 minutes.

Per Serving (excluding unknown items): 1540 Calories; 104g Fat (60.5% calories from fat); 27g Protein; 125g Carbohydrate; 0g Dietary Fiber; 672mg Cholesterol; 3238mg Sodium. Exchanges: 8 Grain(Starch); 1 1/2 Lean Meat; 19 Fat.