

Ham & Cheese Grits Casserole

*Debi Mitchell - Flower Mound, TX
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Servings: 6

*3 cups chicken stock
1 cup quick-cooking grits
1/2 cup Southwestern-style egg
substitute
5 ounces reduced-fat processed cheese,
cubed
1/4 cup 2% milk
2 tablespoons butter
1 1/4 cups fully-cooked ham, cubed
3 green onions, chopped
1/4 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1/8 to 1/4 teaspoon crushed red
pepper
3/4 cup cheddar cheese, shredded*

Preparation Time: 30 minutes

Bake: 35 minutes

Preheat oven to 350 degrees.

In a large saucepan, bring the stock to a boil. Slowly stir in the grits. Reduce the heat to medium-low. Cook, covered, about 5 minutes or until thickened, stirring occasionally. Remove from the heat.

In a small bowl, stir a small amount of hot grits into the egg substitute. Return all to the pan, mixing well.

Add the process cheese, milk and butter. Stir until the cheese is melted. Stir in the ham, green onions, salt, garlic powder, pepper and red pepper flakes.

Transfer the process cheese mixture to a greased 11x7-inch baking dish. Sprinkle with cheddar cheese.

Bake, uncovered, for 35 to 40 minutes or until the edges are golden brown and the cheese is melted.

Let stand for about 10 minutes before serving.

Per Serving (excluding unknown items): 206 Calories; 9g Fat (41.2% calories from fat); 7g Protein; 23g Carbohydrate; 1g Dietary Fiber; 26mg Cholesterol; 1296mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	206	Vitamin B6 (mg):	.1mg
% Calories from Fat:	41.2%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	45.2%	Thiamin B1 (mg):	.7mg
% Calories from Protein:	13.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	9g	Folacin (mcg):	58mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	26mg	% Daily Value*	n n%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1 1/2
Protein (g):	7g	Lean Meat:	1/2
Sodium (mg):	1296mg	Vegetable:	0
Potassium (mg):	133mg	Fruit:	0
Calcium (mg):	124mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	1 1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	351IU		
Vitamin A (r.e.):	90RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 206 Calories from Fat: 85

% Daily Values*

Total Fat	9g	14%
Saturated Fat	6g	28%
Cholesterol	26mg	9%
Sodium	1296mg	54%
Total Carbohydrates	23g	8%
Dietary Fiber	1g	3%
Protein	7g	
Vitamin A		7%
Vitamin C		3%
Calcium		12%
Iron		11%

* Percent Daily Values are based on a 2000 calorie diet.