

# Cheese Grits and Greens



## **Food Prep Skills**

- *Washing and chopping greens*
- *Chopping/mincing garlic*

## **Cooking Skills**

- *Wilting greens*
- *Sautéing garlic*
- *Cooking grits*

## ***Ingredients (4 to 6 servings)***

- 1 lb. mixed greens, such as dandelion, mustard and collard greens, trimmed and well rinsed
- 1 Tbs. vegetable oil
- 4 cloves garlic, minced
- 1/2 cup quick-cooking grits
- 6 oz. shredded low-fat cheddar cheese
- Salt and freshly ground black pepper to taste
- Cajun seasoning to taste

## ***Directions***

1. Chop greens coarsely; with water still clinging to leaves, put in large pot. Steam over medium heat until wilted – a few minutes. Remove from heat and drain. When cool enough to handle, press greens to remove excess water.
2. Meanwhile, heat oil in large saucepan over medium heat. Cook garlic 2 to 3 minutes, or until fragrant. Add grits, and cook according to package directions. Stir in shredded cheese, salt and pepper, and continue stirring until cheese is melted throughout.
3. To serve, divide greens among 4 plates, and spoon grits mixture over top. Sprinkle with Cajun seasoning.

## **Ingredient Cost**

\$2.25/serving

## **Recipe Source:**

<http://www.vegetariantimes.com/recipes/9288?section>

## **Nutrition Per Serving**

- Calories 220
- Protein 15g
- Total Fat 7g (2g saturated)
- Carbohydrates 25g
- Cholesterol 10mg
- Sodium 310mg
- Fiber 3g
- Sugar 3g

## **Ingredient Substitutions/Alterations**

- Can substitute any seasoning
- Can add onions
- Can serve with brown rice