

Misc.

Runny Eggs on Creamy Grits

Relish Magazine

Servings: 4

Whether frying or poaching the eggs, make sure they have runny yolks to trickle into the creamy grits.

5 1/2 cups water

1/2 teaspoon salt

1 1/2 cups quick grits

2 tablespoons unsalted butter

1/3 cup Parmigiano Reggiano cheese, finely grated

1/4 cup green onions, white and green parts, finely chopped

4 slices crisply cooked bacon, crumbled

freshly ground black pepper

8 eggs

Combine water and salt in a medium saucepan. Bring to a boil. Gradually whisk in grits. Reduce heat to low, cover, and cook, whisking often, until thick and creamy.

Stir in butter, cheese, green onions, bacon and pepper. Cook 5 minutes longer.

Melt additional butter in a large nonstick skillet over medium-high heat. Fry eggs until whites are set and yolks are still runny; or poach eggs in boiling water for 3 minutes.

Spoon grits into bowls. Top with eggs.

Melt additional butter in a large non-stick skillet over medium-high heat. Fry eggs until whites are set and yolks are still runny; or poach eggs in boiling water for 3 minutes.

Per Serving (excluding unknown items): 199 Calories; 16g Fat (72.4% calories from fat); 13g Protein; 1g Carbohydrate; 0g Dietary Fiber; 440mg Cholesterol; 417mg Sodium. Exchanges: 1 1/2 Lean Meat; 2 Fat.