

Cheese Grits

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Servings: 10

1 1/2 cups quick grits

6 cups salt-free water

*1 pound grated sharp
cheese*

3 eggs, beaten

1/2 stick butter

*3 teaspoons Lawry's
seasoned salt*

Preparation Time: 30 minutes

Bake Time: 1 hour

In a saucepan, cook the grits in water. While hot, add the cheese, eggs, butter and seasoned salt.

Turn the mixture into a two-quart casserole dish.

Bake in the oven at 350 degrees for one hour.

Per Serving (excluding unknown items): 63 Calories; 6g Fat (87.0% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 76mg Cholesterol; 68mg Sodium. Exchanges: 0 Lean Meat; 1 Fat.