

Pumpkin Grits

Food Network Magazine

Start to Finish Time: 10 minutes

3/4 cup quick-cooking grits

Kosher salt

freshly ground pepper

1 1/2 cups (4 ounces) shredded pepper jack cheese

3/4 cup canned pure pumpkin

In a medium saucepan, bring three cups of water to a boil. Whisk in the grits, 1/2 teaspoon of salt and a few grinds of pepper. Reduce to a gentle simmer and cook, whisking, until thickened, 5 to 7 minutes.

Stir in the cheese and pumpkin until smooth. Season with salt and pepper.

Remove from the heat and cover to keep warm.

Yield: 1 cup

Per Serving (excluding unknown items): 434 Calories; 1g Fat (3.0% calories from fat); 10g Protein; 93g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 6 Grain(Starch); 0 Fat.