
Quick Double Cheese Grits

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 10 minutes

Start to Finish Time: 15 minutes

1/2 teaspoon table salt

1 1/2 cups quick-cooking grits

4 ounces (1 cup) extra-sharp cheddar cheese, shredded

4 ounces (1 cup) Monterey Jack cheese, shredded

2 tablespoons butter or margarine

1/2 teaspoon black pepper

In a large saucepan, bring six cups of water and the salt to a boil. Gradually stir in the grits. Cook for 4 to 5 minutes, stirring often, until thickened. Remove from the heat.

Add the shredded cheeses, butter and pepper, stirring until blended.

Serve immediately.

(NOTE: Grits may be chilled and reheated. Whisk 1/4 cup of warm water into the grits over medium heat, adding more water as necessary.

Side Dishes

Per Serving (excluding unknown items): 345 Calories; 20g Fat (53.2% calories from fat); 16g Protein; 24g Carbohydrate; 1g Dietary Fiber; 58mg Cholesterol; 478mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 3 Fat.