
Savory Ham and Swiss Breakfast Pie

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 40 minutes

Serve with fresh sliced summer tomatoes or a simple salad.

1 cup whipping cream

2 cloves garlic, minced

2 tablespoons butter

1 teaspoon table salt

1/4 teaspoon freshly ground black pepper

2/3 cup uncooked quick-cooking grits

5 ounces (1-1/4 cups) shredded Swiss cheese, divided

8 large eggs, divided

1/2 pound cooked ham, diced

4 scallions, chopped

1/2 cup milk

thinly sliced scallions (for garnish)

Preheat the oven to 350 degrees.

Bring 1-2/3 cups of water and the whipping cream, cloves, butter, salt and pepper to a boil in a medium saucepan. Gradually whisk in the grits. Cover and reduce the heat. Simmer, whisking occasionally, for 5 to 7 minutes. Add 1/2 cup of the cheese, stirring until the cheese melts. Remove from the heat and let stand for 10 minutes.

In a bowl, lightly beat two eggs and stir into the grits mixture. Pour into a lightly greased ten-inch deep pie plate.

Bake in the preheated oven for 20 minutes. Remove from the oven. Increase the oven temperature to 400 degrees.

In a nonstick skillet over medium-high heat, cook the ham and scallions, stirring often, until the scallions are tender, about 5 minutes. Layer the ham mixture evenly over the grits crust.

In a bowl, whisk together the milk and remaining six eggs. Pour over the ham mixture. Sprinkle the remaining 3/4 cup of cheese evenly over the egg mixture.

Bake at 400 degrees for 35 minutes. Let stand for 10 minutes, then cut into wedges.

Breakfast

Per Serving (excluding unknown items): 581 Calories; 42g Fat (65.3% calories from fat); 34g Protein; 16g Carbohydrate; trace Dietary Fiber; 344mg Cholesterol; 968mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.