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Savory Grits Bowl

Yields: 1 serving

Made from milled corn, grits were introduced by Indigenous Americans to Europeans and Africans. Grits became a cheap staple food in the South, where the horrors of slavery carried on longer than the majority of the USA. Grits flavored with lard or animal fat provided much needed fuel for long hours of hard labor. Recently, grits started showing up on posh or upscale dining menus. With nutrition in mind, here are a few ideas for grits for the contemporary Southerner, with less salt and fat, while giving desired flavor.

INGREDIENTS

- ¼ cup grits
- 1 cup low-sodium chicken or vegetable broth
- 2 tablespoons shredded, reduced-fat sharp cheddar cheese
- 2 tsp of cooking oil, like canola
- ½ cup onion, any variety (optional)
- ½ cup of bell pepper, any color (optional)
- Salt-free seasoning blend (to taste)
- ½ tsp of paprika (optional)
- ½ tsp of garlic powder (optional)
- ½ tsp of ground black pepper (optional)
- ½ cup chopped spinach (fresh or frozen)
- 1-2 eggs
- Hot sauce (optional)

DIRECTIONS

1. Cook grits according to package directions with broth. Once done, stir in cheese. Set aside in bowl until the remaining ingredients are prepared.
2. While grits cook, heat small skillet over medium heat. Pour oil. Add onion, pepper, and spices and cook until softened. Add spinach, cook until wilted. Top grits with vegetable mix.
3. Return skillet to the stove. Coat skillet with oil. Crack an egg into the pan and cook the egg on each side until the yolk is set.
4. Top egg over grits and vegetables. Add hot sauce if desired and enjoy hot!