Cheese Grits

Ingredients:

1 cup water
3 cups skim milk
1 bay leaf
Salt to taste
1 cup quick grits
2 tablespoons margarine
1 cup reduced fat chaddar cheese

Instructions:

1. To a heavy sauce pan, add water, milk, bay leaf and salt. Bring to a boil then remove the bay leaf.
2. Gradually whisk in grits until you have added them all to the pot. Keep stirring to prevent lumps.
3. Reduce the heat and cook grits at a low simmer, cover, frequently stirring, until water is fully absorbed, and grits are thickened to desired consistency. This will take about 3-5 minutes.
4. Remove from heat; add margarine and cheese. Stir until cheese is melted.
5. Portion out the grits in individual bowls and top with the shrimp mixture. Enjoy piping hot.

Source: Immaculate Bites
Serves: 6
Prep Time: 5 minutes
Cook time: 5 minutes

Nutrition Facts

6 servings per container
Serving size **1/2 cup**

Amount per serving
Calories **240**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 260mg	**11%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 0g	**0%**
Total Sugars 6g	
Includes 0g Added Sugars	**0%**
Protein 14g	
Vitamin D 2mcg	10%
Calcium 407mg	30%
Iron 1mg	6%
Potassium 251mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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