

JALAPEÑO CHEESE GRITS

Recipe courtesy of Chef Chris Ward, The Mercury Grill, Dallas, on behalf of the American Dairy Association

Makes 12 servings (or 24 appetizers)

Prep time: 10 minutes

Cook time: 1 hour



Ingredients:

nonstick cooking spray
1 1/2 quarts of water
1 1/2 cups grits
1 1/2 cups lowfat milk
3 eggs, beaten
3 cups grated Cheddar cheese
4 tablespoons butter
1/2 cup minced jalapeño pepper
2 teaspoon Worcestershire sauce
1 teaspoon salt
1/4 teaspoon pepper

Preheat oven to 350 degrees Fahrenheit. Spray a 13x9-inch baking pan with nonstick cooking spray; set aside.

Bring 1 1/2 quarts of water to a boil in a large pot; slowly stir in grits. Reduce heat to low, cover pot and cook 15 minutes.

Remove grits from the heat and stir in the milk, eggs, cheese, butter, jalapeños, Worcestershire sauce, salt and pepper until well blended. Pour into prepared baking pan.

Bake 45 minutes, or until knife inserted into center comes out clean. Serve grits hot as a side dish or allow grits to cool until solid and cut into squares to serve as an appetizer.