

Grits and Greens



Greater Cleveland
Food Bank

Ingredients

- 1 large bunch chopped collard greens, stems removed.
- 1 cup low-fat milk
- 3/4 cups grits
- 1 1/2 cups shredded cheese (Cheddar)
- 1 tsp unsalted butter
- 1 small onion, diced
- 1 pepper, sliced
- salt and pepper, to taste

Directions

1. Cook collard greens in boiling water until tender. Drain well.
2. Wipe saucepan clean and add milk, 2 cups water, 1/4 tsp salt and bring to a boil.
3. Whisk in grits and simmer over low heat, whisking frequently until soft and creamy.
4. Add onions, bell pepper, 1/4 tsp salt, and 1/8 tsp black pepper. Toss occasionally and serve over grits.



Simple Breakfast Grits



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Ingredients

- 1 cup low-fat milk or water
- 2 tsp maple syrup
- pinch of salt
- 1/4 cup quick-cooking grits
- 2 Tbsp raisins, dried cranberries or other fruit

Directions

1. Bring milk (or water) to a boil over high heat.
2. Slowly whisk in grits, reducing heat to medium low. Cover and cook, stirring occasionally until thickened.
3. Let stand for 1 minute.
4. Serve sprinkled with dried fruit.

