

# Sardines + Grits

Serves 2  
Cook Time: 20 minutes



Adapted from: MooreMealz.com

## INGREDIENTS

- 2 TBS olive oil
- 1 cup onions, sliced
- 2 cans sardines
- Seasoning to taste: salt, pepper, cayenne, smoked paprika, garlic powder
- 2 cup water
- 1/2 cup grits, quick
- 1 tsp butter
- 1/4 cup sharp cheddar cheese

## DIRECTIONS

1. Heat oil in pan; sauté onions.
2. When onions start caramelizing, add sardines and season to taste.
3. Lower heat and cook until most of liquid is gone and onions are caramelized.
4. Boil salted water in pot; whisk in grits.
5. Cook on low 10-15 minutes; stir often to avoid lumps and sticking.
6. Turn off heat and add butter and cheese; season to taste.
7. Top with sardines and enjoy hot.



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## SARDINES FOR SUPPER

This humble canned fish is a great source of protein, selenium, vitamin D, B12 and more. This dish also works with salmon.

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