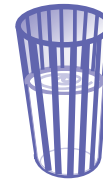
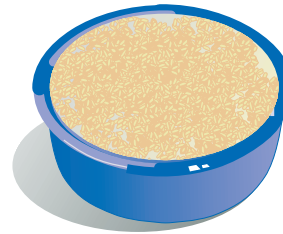


Southern Grits Casserole

Ingredients:

- 1/4 cup grits
- 1 1/2 cups boiling water
- 3 cups skim milk
- 6 tablespoons margarine
- 1 1/2-2 tablespoons sugar
- 2 egg whites
- optional: black pepper as desired
sprinkle with grated cheese



Amount Per Serving	
Calories	290-300
Calories from Fat	170
% Daily Values*	
Total Fat	19g 29%
Saturated Fat	4g 19%
Cholesterol	5mg 1%
Sodium	350mg 15%
Total Carbohydrate	22g 7%
Dietary Fiber	0g 0%
Sugars	14g
Protein	11g
Vitamin A	35%
Vitamin C	4%
Calcium	25%
Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Preparation:

1. Combine grits and water.
2. Stir, then add 1 cup of skim milk.
3. Add margarine, sugar, eggs, and rest of skim milk.
4. Place in an oiled 1 1/2 quart casserole.
5. Bake at 300°F for 1 hour.

Makes approximately six 3/4 cup servings