



## Grits, Greens, and Egg Bowl



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**Prep time: 5 minutes**  
**Cook time: 10 minutes**

- 1/4 cup quick-cooking grits
- 2 tablespoons shredded, sharp cheddar cheese
- Nonstick cooking spray
- 1/2 cup packed, fresh, chopped spinach
- Dash garlic powder
- 1 egg
- Salt (optional)
- Ground black pepper (optional)
- Hot sauce (optional)

1. Wash hands with soap and warm water, scrubbing for 20 seconds.
2. Cook grits according to package directions. Once done, stir in cheese. Set aside until the remaining ingredients are prepared.
3. While grits cook, heat a small skillet over medium heat. When the skillet is hot, coat it with cooking spray. Add spinach and garlic powder and lightly sauté until spinach is warm and tender, about 1 minute. Remove from pan and set aside.

4. Return skillet to the stove. Coat the pan with cooking spray. Crack an egg into the pan and cook the egg on each side until the yolk is set.
5. Rewash hands after handling raw eggs.
6. Assemble the meal in a bowl by first adding the grits, then the spinach, and topping with the egg.
7. Season dish to taste with salt, black pepper, and hot sauce, if desired.
8. Serve immediately. Refrigerate leftovers within 2 hours.

*Notes: Try other greens like collards or kale as a substitute for spinach or reheat leftover cooked greens for this recipe. This way, you can always use what you have on hand. If you prefer scrambled egg, prepare it instead of a fried egg.*

Makes 1 serving  
Serving size: 1 recipe  
Cost per recipe: \$1.26  
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### Nutrition facts per serving:

390 calories; 10g total fat; 4.5g saturated fat; 0g trans fat; 200mg cholesterol; 170mg sodium; 60g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugar; 17g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 30% Daily Value of iron; 6% Daily Value of potassium

### Source:

Adapted from Alabama Cooperative Extension Service, Live Well Alabama. Live well recipes: Grits and Greens, <https://www.aces.edu/blog/topics/by-ingredients/live-well-recipe-grits-and-greens>

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