

Ham and Cheese Grits Quiche

Depending on how you feel, be creative with this very tasty recipe by adding sautéed veggies of your choice. This quiche is a nice change for breakfast or for a light meal.

MAKES 6 SERVINGS

1 cup water
1/3 cup dry quick-cooking grits
1 cup evaporated skim milk
1 cup shredded reduced-fat sharp Cheddar cheese
1/2 cup finely diced ham
2 large eggs
2 large egg whites
Salt and pepper to taste
Dash of Worcestershire sauce

Preheat oven to 350 degrees. In a small saucepan, bring the water to a boil; stir in grits. Reduce heat, cover, and cook about 5 minutes or until slightly thickened. In a bowl, combine cooked grits, milk, cheese, ham, eggs, egg whites, salt and pepper, and Worcestershire sauce. Pour mixture into a 9-inch pie plate coated with nonstick cooking spray. Bake for 30 minutes or until set.

Nutritional information per serving

Calories 172, Protein (g) 16, Carbohydrate (g) 12, Fat (g) 6, Cal. from Fat (%) 33, Saturated Fat (g) 3, Dietary Fiber (g) 0, Cholesterol (mg) 93, Sodium (mg) 216, Diabetic Exchanges: 2 lean meat, 0.5 starch, 0.5 skim milk

DOC'S NOTES:

This tasty breakfast dish is a good source of calories and protein and can be enjoyed all day long.

SORE MOUTH
OR THROAT