



Breakfast

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Grits and Greens

Helpful Hints

Green leafy vegetables, such as collards, are high in vitamin C, which your body loves.

The egg adds flavor to grits and greens, so there is no need to cook the greens in extra fat.

Grits and Greens

Serves 1

Ingredients

½ serving quick-cooking
grits, prepared according
to package
½ tablespoon butter
Salt and pepper to taste
1 egg
½ cup collard greens,
chopped
2 tablespoons water
Hot sauce, optional

Directions

1. Pour cooked grits in serving bowl and season with butter, salt, and pepper.
2. In small skillet, cook egg to how you like it.
3. In a microwave-safe bowl, add collard greens and water. Cover tightly and microwave 2 minutes. Drain.
4. Spoon greens over grits and top with egg. Add hot sauce, if desired.