

Cheese Grits Casserole



Resources:

3 cups grits, cooked
2 cups grated Colby or Colby/Cheddar, shredded
4 eggs
½ cup milk
2 cloves of fresh garlic, minced
Tone's Cajun seasoning
½ pound ground sausage, drained
¼ cup parsley, minced
One half yellow onion, chopped
Salt, pepper

Methodology:

Preheat oven to 375 degrees. Cook the grits as indicated on the packaging; microwaving is easiest. Combine eggs, garlic, parsley, onion and milk and whisk until mixed, then stir in the shredded cheese and sausage, reserving about ½ cup of cheese to sprinkle on the top of the casserole. Add the Cajun seasoning, salt and pepper to taste remembering that the sausage is already

salty. Fold this mixture into the warm grits and mix well. Pour the mixture into a buttered casserole pan and sprinkle the remaining cheese on top. Bake uncovered for about an hour, until the grits have set up.

Time & Effort:

Twenty minutes for prep and an hour in the oven.

Certifications and Assurances:

This is a great breakfast for company served with some fresh fruit and hot biscuits. For a side dish at supper, substitute for the sausage a half pound of cooked and peeled shrimp and half a box of thawed frozen, chopped spinach. It's a tad exotic, very pretty and very tasty. For the shrimp, I add more garlic and a little more Cajun seasoning. Tone's is available at Sam's Club and it's the best.

Authorized signature: *Spanky McCallister*