

Parmesan Cheesy Grits

Aaron McCargo, Jr., Food Network



From Aaron McCargo, Jr. on the Food Network.

I served it under Picadillo.

2 tablespoons butter

1/2 whole onion, diced

1 tablespoon garlic, minced

1 1/2 cups milk

1/2 cup heavy cream

1/2 cup grits (preferably stone ground white)

1/2 cup Parmesan cheese, grated

1 lemon, juiced

1 tablespoon kosher salt

1 teaspoon black pepper

3 tablespoons chopped chives

Servings: 4

1. In a heavy-bottomed large saucepan over medium-high heat, add the butter. Add onion and garlic and cook until softened, about 1 to 2 minutes. Stir in the milk and cream and bring to a boil. Whisk in the grits, then lower the heat and simmer, stirring frequently, until thick and tender, about 35 to 40 minutes.
2. Add the Parmesan, lemon juice, salt, pepper and chives. Stir well. Keep warm until ready to use.

Per Serving (excluding unknown items): 341 Calories; 23g Fat (59.8% calories from fat); 10g Protein; 25g Carbohydrate; 1g Dietary Fiber; 77mg Cholesterol; 1712mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 4 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>