

## Baked Grits Casserole

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 2 cups water
- 2 cups whole milk
- 1 cup stone-ground grits
- 8 ounces cheddar cheese
- 4 large eggs, lightly beaten
- 2 scallions (green onions), both green and white parts chopped
- 2 tablespoons salted butter, plus 1 tablespoon for casserole dish
- sea salt and black pepper, to taste

### Method

1. Preheat oven to 350°
2. Cook stone ground grits according to package directions. Stir in the shredded cheese, butter, eggs, and milk; pour into a buttered 1-quart baking dish.
3. Stir in cheese 2 Tablespoons butter. Season to taste with salt and pepper.
4. Add the beaten eggs and chopped green onions; mix through. Spoon into buttered casserole dish and bake until golden brown and bubbly, about 1 hour.
5. Rest 10 minutes before serving.



### Servings/Yield

8 servings

### Categories

Breakfast Casseroles

#### NUTRITION FACTS

Servings: 8  
**Amount Per Serving**  
 Calories: 284

**Total Fat:** 15.75g

**Cholesterol:** 136mg

**Sodium:** 264mg

**Total Carbs:** 19.98g

**Dietary Fiber:** 1.08g

**Sugars:** 3.61g

**Protein:** 13.97g