



Eggs Over Kale and Sweet Potato Grits

Yield: 4 servings

Ingredients:

- 1 large sweet potato (orange flesh)
- 2 cups fresh kale, chopped
- 1 tbsp vegetable oil, divided
- 1½ cups water
- 1 cup non-fat milk
- ¾ cup grits, quick cooking
- ¼ tsp salt
- 4 eggs



Directions:

1. Preheat oven to 350 °F
2. Coat 4 individual soufflé dishes with 1 tsp vegetable oil.
3. Make 3-4 slits in sweet potatoes; cook in microwave until just soft. When cool enough to handle, peel, cut into chunks, and puree in food processor.
4. Heat remaining vegetable oil in sauce pan, and sauté kale about 5 minutes.
5. In a medium sauce pan, boil water and milk, add grits and sweet potatoes; cook for 5 minutes. Remove from heat; stir in sautéed kale.
6. Divide grits mixture evenly among 4 soufflé dishes (or place all in casserole dish). Make 4 depressions in the grits mixture with the back of a large spoon. Carefully break one egg into each hollow. Bake uncovered for 30 minutes until eggs are cooked. Let cool 10 minutes before serving.

Nutrition Facts: Calories, 280; Calories from fat, 80; Total fat, 9g; Saturated fat, 2g; Trans fat 0g; Cholesterol, 185mg; Sodium, 410mg; Total Carbohydrate, 38g; Fiber, 4g; Protein, 12g; Vit. A, 280%; Vit. C, 40%; Calcium, 15%; Iron, 15%.

Source: www.choosemyplate.gov



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