

COUNTRY HAM & GRITS QUICHE

SERVES 6

- 1 cup hot cooked grits
- 2 tablespoons butter
- 12 ounces country ham, cooked/cut into bite-size pieces
- 1 9" frozen deep dish pie crust
- 5 eggs, beaten
- 2 tablespoons whipping cream
- 1/4 teaspoon black pepper
- 1 cup cheddar cheese mix, grated

- Preheat oven to 375° F. Combine grits and butter, stir until butter is melted and grits are smooth and creamy. Add country ham and mix well. Pour mixture into pie shell, set aside.

- In medium bowl, beat together eggs, whipping cream, pepper and cheese. Pour over grits mixture. Bake until knife inserted near center comes out clean. (About 30 to 40 minutes).

- Let stand 5 minutes before serving.

Nutritional Analysis per serving: calories 409, protein 28 g, carbohydrates 17 g, fat 25 g (11 g saturated), cholesterol 247 mg, sodium 1843 mg, calcium 175 mg.

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