

# Thornrose Grits

## Ingredients:

- 2 tablespoons butter
- 6 eggs
- 1 ½ cups uncooked grits
- ½ cup milk
- 1 cup grated cheddar cheese
- 4 cups water
- 2 cups mixed vegetables coarsely chopped including broccoli, cauliflower, red and green bell peppers, spinach, asparagus, zucchini
- Salt and pepper

## Directions:

1. Preheat oven to 350 degrees. Grease a casserole dish.
2. Bring water to a boil and stir in grits. Cover and simmer about 5 minutes until liquid has been absorbed. Stir in half the cheese.
3. Lightly sauté the vegetables in butter until they are just beginning to cook starting with those that take longer like broccoli and adding those that take less time to cook at the end like spinach.
4. Beat the eggs lightly in a separate bowl and mix in the milk.
5. Lightly scramble the egg and milk mixture in one tablespoon of butter and mix into the grits. The eggs can still be quite runny and finish cooking in the oven.
6. Spread half the grits and egg mixture in the bottom of the baking dish. Spread the cooked vegetables evenly over the grits. Then top with the rest of the grits. Top with remaining cheese.
7. Bake 30 minutes until lightly browned.
8. Remove from the oven and let it sit for 5 minutes. Cut into squares like cake to serve.