



NUTRITION *per serving* 28g carbohydrates 60g fat 28g protein 1536mg sodium | low-carb, gluten-free, soy-free, nut-free



Calories
772



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 6 Bacon Strips
- 2 Garlic Cloves
- 2 Green Onions
- 6 oz. Spinach
- ¾ Cup Instant Grits
- 2 Butter Pats (¾ oz.)
- 3 ½ oz. Shredded Cheddar Cheese
- ½ fl. oz. Hot Sauce

IN YOUR KITCHEN

- Salt
- Pepper
- Medium Pot
- Medium Non-Stick Pan

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HOME CHEF

STAFF PICKBREAKFAST

Cheesy Breakfast Grits

with bacon and spinach

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Bring **3 cups** of water to a boil in a **medium** pot
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Be sure to save 2 tsp. of **bacon drippings** for cooking spinach.
- **Heads Up!** **Green onions** are used twice in this recipe. **White portions** are cooked with **spinach** and **green portions** garnish dish.
- As **cooked grits** begin to cool, they may “tighten” up. If this occurs, stir in warm **water** 1 Tbsp. at a time to return to a smooth, creamy consistency.
- **Heads Up!** **Shredded cheddar** is used twice. A pinch is used to garnish dish, and remainder is added to **grits**.
- **Spice Alert!** Be sure to use **hot sauce** to taste or omit from recipe.

FROM THE CHEF

Drain bacon fat into a heatproof container and save in refrigerator for later use. It's great for adding smoky flavor to sautéed meats and vegetables. Never pour grease down sink drain—it can harden and cause pipe blockages.

Did you know...

Grits are commonly associated with Southern cooking, comparable to Italian polenta. Native Americans began the practice of making porridge from stone-ground maize that would eventually evolve into what we know today as grits.



Cook the Bacon

Prepare a plate with a paper towel. Cut **bacon** into ½” dice. Place bacon in a medium non-stick pan over medium-high heat (no need to preheat) and cook 5-8 minutes, stirring occasionally, or until crisp. Transfer to towel-lined plate and pour off all but 2 tsp. of **bacon drippings** from pan.



Cook the Grits

Whisk **grits** into **boiling water** and cook 1 minute. Lower to a simmer, cover, and cook 5-7 minutes, or until grits are no longer grainy in appearance. Remove from burner. Stir in **butter** and **shredded cheddar** (reserve a pinch for garnish). Season with ½ tsp. **salt** and ¼ tsp. **pepper**. If grits are too thick, add 1 Tbsp. warm water as needed to achieve a smooth, creamy consistency.



Prepare the Ingredients

Mince **garlic**. Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.



Plate the Dish

Place cooked **spinach** in a bowl, followed by **grits**. Garnish with **green parts of green onions**, reserved **shredded cheddar**, and **hot sauce** (to taste).



Sauté the Spinach

Heat pan with reserved **bacon drippings** over medium heat. Add **garlic** and **white parts of green onion** to hot pan and cook 1 minute, or until fragrant. Add **spinach** and cook 1 minute, or until just wilted. Remove from burner, stir in cooked **bacon**, and season with ¼ tsp. **salt** and a pinch of **pepper**.