

# RECIPE

## Eggs Over Kale and Sweet Potato Grits

Start to Finish: 45 minutes Servings: 4

### Ingredients:

- 1 large sweet potato
- 2 cups fresh kale, chopped
- 1 tablespoon vegetable oil, divided
- 1½ cups water
- 1 cup non-fat milk
- ¾ cup grits, quick cooking
- ¼ teaspoon salt
- 4 eggs

### Directions:

1. Preheat oven to 350 F.
2. Coat 4 individual soufflé dishes with 1 teaspoon vegetable oil.
3. Make 3-4 slits in sweet potatoes and 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 and cook for 5 minutes. Remove from heat and 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 Information Per Serving:

280 Calories; 9 g Total Fat; 2 g Saturated Fat; 185 mg Cholesterol; 410 mg Sodium; 38 g Total Carbohydrate; 4 g Dietary Fiber; 7 g Sugars; 12 g Protein

