

# Eggs and Kale Over Sweet Potato Grits

A modern twist on a Southern classic, this baked breakfast dish features eggs and grits with sweet potatoes and kale.

## Ingredients:

- 1 large sweet potato (orange flesh)
- 2 cups fresh kale, chopped
- 1 TBS vegetable oil (or other), divided
- 1 and 1/2 cups water
- 1 cup non-fat milk
- 3/4 cup grits, quick cooking
- 1/4 tsp salt
- 4 eggs

## Instructions:

Heat oven to 350 degrees. Coat 4 individual souffle dishes (or a 2 quart casserole dish) with 1 tsp vegetable oil. Make 3-4 slits in sweet potato; cook in microwave until just soft. When cool enough to handle, peel and cut into chunks, and puree in food processor. Heat remaining vegetable oil in sauce pan and saute kale about 5 minutes. In a medium sauce pan, boil water and milk, add grits and sweet potatoes and cook for 5 minutes. Remove from heat; stir in sauteed kale. Divide grits mixture evenly among 4 souffle 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.



# Nutritional Information

Serves: 4

Calories: 280

Total Fat: 9g

Saturated Fat: 2g

% Calories from Fat: 29%

% Calories from Sat Fat: 6%

Protein: 12g

Carbohydrates: 38g

Cholesterol: 185mg

Dietary Fiber: 4g

Sodium: 410mg

Source: Fruits and Veggies More Matters