

## **Ham and Cheese Grits Quiche**

**Brought to you by Holly Clegg and Eating Well Through Cancer**

Depending on how you feel, be creative with this very tasty recipe by adding sautéed veggies of your choice. This quiche is a nice change for breakfast or for a light meal.

Makes 6 servings

1 cup water  
1/3 cup dry quick-cooking grits  
1 cup evaporated skim milk  
1 cup shredded reduced-fat sharp Cheddar cheese  
1/2 cup finely diced ham  
2 eggs  
2 egg whites  
Salt and pepper to taste  
Dash of Worcestershire sauce

1. Preheat oven to 350°F. In small saucepan, bring water to boil; stir in grits. Reduce heat, cover, and cook 5 minutes or until slightly thickened.
2. In bowl, combine cooked grits, milk, cheese, ham, eggs, egg whites, salt and pepper, and Worcestershire sauce.
3. Pour mixture into 9-inch pie plate coated with nonstick cooking spray. Bake 30 minutes or until set.

Nutritional information per serving

Calories 172, Protein (g) 16, Carbohydrate (g) 12, Fat (g) 6, Cal. from Fat (%) 33, Saturated Fat (g) 3, Dietary Fiber (g) 0, Cholesterol (mg) 93, Sodium (mg) 216, Diabetic Exchanges: 2 lean meat, 0.5 starch, 0.5 skim milk

DOC'S NOTES: This tasty breakfast dish is a good source of calories and protein and can be enjoyed all day long.