

Portion size: 1 Serving

Cheese Grits with Fried Eggs and Three Pepper Relish

Yield: 6 servings

3 Tbsp	Worcestershire Sauce	3 each	Poblano Peppers, Diced
3 Tbsp	Cider Vinegar	3 each	Red Fresno Chili Peppers, Diced
1 Tbsp	Sriracha Hot Chili Sauce	1 qt, 2 cup	Water
1/2 cup, 1 Tbsp	Honey	1/2 tsp	Kosher Salt
1/3 cup, 2 tsp	Less Sodium Soy Sauce	1/4 cup	Unsalted Butter, Solid
1/4 cup	Extra Virgin Olive Oil	1-1/2 cup	Grits Cereal, Dry
2 cup	Onions, Yellow, Diced	1 cup	Grated Pepper Jack Cheese
1 Tbsp	Garlic Cloves, Minced	3 Tbsp	Olive Oil
3 each	Red Bell Peppers, Diced	6 each	Eggs, Fresh



Combine the Worcestershire sauce, vinegar, sriracha, honey (warm for easier blending), and soy sauce together in a bowl. Stir well and set aside. Heat the olive oil in a sauté pan, over medium-high heat, then add the onions, stirring occasionally for 5 minutes, until they are starting to color. Turn down the heat to medium-low. Add the garlic and cook another 1 to 2 minutes before adding the bell pepper, poblano, and freso chiles. Cook another 5 minutes until all of the peppers are cooked through. Add the liquid mixture and simmer on low heat until the liquid is evaporated by half, approximately 15 minutes. Turn off the heat and place the relish in a container to cool. This recipe may be made up to 2 days in advance and served either hot or cold. In a saucepot, bring the water to a boil over high heat. Reduce the heat to low and add the salt and the butter. Sprinkle the grits into the water, stirring with a spoon until the mixture thickens and is smooth. Cook for approximately 10 minutes on a low heat, stirring frequently to ensure no lumps form. Add the cheese and continue stirring for another few minutes until the cheese is melted in. Check often and add more water if it thickens. Fry eggs in olive oil to desired done-ness.

Chef's Notes: Use stone-ground grits for better flavor and texture.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
661.7	17.1	73.7	34.5	200	1118	12.2	5.9