



Makes 4 cups grits + 7½ cups greens

Preparation Time: 30 minutes

INGREDIENTS:

1 32-oz. carton low-sodium vegetable broth

4 cloves garlic, minced

1½ cups dry instant grits

1 medium onion, chopped (1 cup)

1 red bell pepper, chopped (1 cup)

2 14.5-oz. cans no-salt-added diced tomatoes, undrained

1 15-oz. can no-salt-added red or pinto beans, rinsed and drained

¼ teaspoon smoked paprika

¼ teaspoon crushed red pepper (optional)

1 16-oz. package frozen cut leaf kale

1 tablespoon apple cider vinegar

Sea salt and freshly ground black pepper, to taste

Hot sauce (optional)

Lemon wedges (optional)

Grits and Greens

Heap these Southern home-style greens over grits for a satisfying supper. Don't forget to add a splash of hot sauce and a squeeze of lemon.

By Nancy Macklin, RDN

- 1** In a large saucepan bring vegetable broth and 1 clove garlic to boiling. Stir in grits; reduce heat. Cover and cook about 5 minutes or until grits are thickened and creamy, stirring occasionally. (Mixture will splatter. Use a long-handle spoon to avoid burns.) If needed, add up to ½ cup water to thin to desired consistency.
- 2** Meanwhile, in an extra-large skillet cook the remaining 3 cloves garlic, the onion, and bell pepper over medium 3 to 4 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add tomatoes, beans, paprika, and crushed red pepper (if using); bring to boiling. Gradually add kale, cooking until all kale has wilted. Stir in vinegar. Season with salt and black pepper.
- 3** Spoon greens over grits. If desired, serve with hot sauce and lemon wedges.