

Spoon Bread

Makes: 6 Servings

Spoon bread is a traditional southern dish made with grits, a corn based grain. It is soft-baked bread meant to be eaten with a spoon. We use low-fat milk to make the recipe healthier.

Ingredients

nonstick cooking spray
1 tablespoon margarine
2 eggs, beaten
1 cup white grits, cooked
1 cup low-fat milk
1/2 cup cornmeal
1/2 teaspoon salt

Directions

1. Preheat oven to 350 degrees F and spray an 8x8-inch baking dish with nonstick cooking spray.
2. Combine margarine, eggs, and cooked grits in a medium bowl.
3. Stir in milk slowly, and then add cornmeal and salt. The batter should be thick, like a pudding. (Add more milk if the batter becomes too thick.) Pour into baking dish.
4. Bake for 35 to 45 minutes or until golden brown. Serve hot.

Notes

Tip: Spoon bread is a traditional southern dish; it is a soft-baked bread meant to be eaten with a spoon.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	5 g	
Protein	5 g	
Carbohydrates	18 g	
Dietary Fiber	1 g	
Saturated Fat	1.5 g	
Sodium	240 mg	