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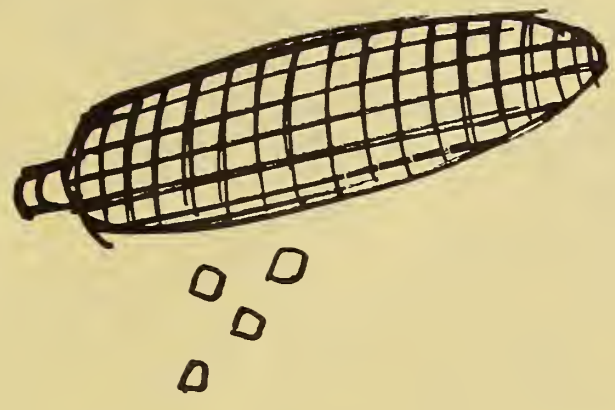
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ENRICHED CORN GRITS

a good choice for the thrifty family

An Energy Food



Grits are made from corn.
They may be white
or yellow

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Serve grits hot with
butter or margarine

Serve grits--



- As a side dish with
eggs, meat or cheese



- As a cereal



Corn Grits Cereal

1 teaspoon salt
5 cups water

1 cup corn grits

Add salt to water and heat to boiling. Stir in corn grits slowly. Lower heat and stir until thickened. Cook for 15 minutes longer over low heat, stirring to keep from sticking. Makes 4½ cups cooked grits.

Fried Corn Grits

Place cooked grits in a loaf pan. Chill. When cold, remove from pan and cut into slices. Dip slices in flour and brown on each side in 2 tablespoons fat in a fry pan.



chill



slice



dip in flour



brown on both sides

Corn Grits Spoonbread

2½ cups water
½ cup corn grits
2 teaspoons salt
4 eggs

3 tablespoons margarine or
butter
2 cups milk
1 cup cornmeal

Bring water to a boil and slowly stir in the grits. Add salt; cover and cook over low heat for 20 to 25 minutes, stirring to keep from sticking.

Beat eggs and stir into the hot grits. Add fat. Slowly stir in the milk and then the cornmeal. Pour into a greased baking dish and bake at 400° F (hot oven) for 50 minutes. Serve hot. Makes 8 servings.

Corn Grits and Cheese

2 eggs
4½ cups cooked corn grits

1 cup cut-up cheese
2 tablespoons fat

Beat eggs. Mix with grits, cheese and fat. Put in greased baking pan and bake at 325° F (slow oven) for 1 hour or until set. Makes 6 servings.