



RECIPES

Ham and Cheese Grits Quiche

INGREDIENTS:

- 1 cup water
- 1/3 cup dry quick-cooking grits
- 1 cup evaporated skim milk
- 1 cup shredded reduced-fat sharp cheddar cheese
- ½ cup finely diced ham
- 2 large eggs
- 2 large egg whites
- Salt and pepper to taste
- Dash of Worcestershire sauce

INSTRUCTIONS:

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

Makes 6 servings

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