

# Eggs Over Kale and Sweet Potato Grits

October 2021



Makes: 4 servings

## Ingredients

1 large sweet potato  
2 cups fresh kale (chopped)  
1 Tbsp. vegetable oil (divided)  
1 ½ cups water  
1 cup nonfat milk  
¾ cup quick-cooking grits  
¼ tsp. salt  
4 eggs

## Nutritional information for 1 serving

Calories	280
Total fat	9 g
Saturated fat	2 g
Cholesterol	185 mg
Sodium	410 mg
Total carbohydrate	38 g
Dietary fiber	4 g
Total sugars	7 g
Added sugars included	0 g
Protein	12 g

## Directions

1. Preheat oven to 350 F.
2. Coat four individual souffle dishes with 1 tsp. vegetable oil.
3. Make 3-4 slits in sweet potato and cook in microwave until just soft.
4. When the sweet potato is cool enough to handle, peel and cut it into chunks. Then, puree the chunks in a food processor.
5. Heat remaining vegetable oil in a saucepan and saute kale for about 5 minutes.
6. In a medium saucepan, boil water and milk. Then, add grits and sweet potato puree, and cook for 5 minutes. Remove from heat and stir in sauteed kale.
7. Divide grits mixture evenly among prepared souffle dishes.
8. Make depressions in the grits mixture with the back of a large spoon. Carefully break one egg into each depression.
9. Bake uncovered for 30 minutes until eggs are cooked. Let cool 10 minutes before serving.