Country Ham and Broccoli Grits

1 tablespoon olive oil  
1 pound fresh broccoli florets  
½ cup minced onion  
¾ teaspoon crushed red pepper flakes

2 cloves minced garlic  
4 cups 1% milk  
1 cup uncooked quick grits  
1 cup 2%, shredded cheddar cheese  
6 ounces country ham, cut into ½ inch pieces  
1 large egg, beaten  
Salt and pepper to taste

1. Preheat oven to 375ºF. Coat 13x9x2 inch baking dish with cooking spray. Heat olive oil in a frying pan. Sauté broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. Set aside.


3. Remove from heat, stir in ham, broccoli mixture, cheese, egg, salt and pepper. Mix until well blended. Pour into prepared baking dish. Sprinkle with reserved cheese. Bake, uncovered for 30 minutes, or until top is set and lightly puffed. Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

Kentucky Broccoli

SEASON: May through early July, October through mid-November.

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

SELECTION: Choose tender, young, dark green stalks with tightly closed buds. One-and-a-half pounds of broccoli will yield 4 half-cup servings.

STORAGE: Store broccoli, unwashed, for not more than 3 to 5 days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Drain and rinse with cold water.

To boil: Place in a saucepan with 1 inch of boiling water and ½ teaspoon salt. Cover and cook 5-7 minutes.

To microwave: Place broccoli in a microwave-safe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3 to 4 minutes or until crisp-tender.

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