



# Country Ham and Broccoli Grits

<b>1 tablespoon</b> olive oil	<b>2 cloves</b> minced garlic	<b>6 ounces</b> country ham, cut into ½ inch pieces
<b>1 pound</b> fresh broccoli florets	<b>4 cups</b> 1% milk	<b>1 large</b> egg, beaten
<b>½ cup</b> minced onion	<b>1 cup</b> uncooked quick grits	Salt and pepper to taste
<b>¾ teaspoon</b> crushed red pepper flakes	<b>1 cup</b> 2%, shredded cheddar cheese	

**1. Preheat oven** to 375°F. **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.**

**2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.

**3. Remove** from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

**4. 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.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



# 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.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**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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