

## Chipotle Cheese Grits

*Chipotle peppers are smoked jalapeños that are often sold packed in adobo sauce, a thick purée of tomatoes, onions, garlic and vinegar.*

- 3** cups water
- ¾** cup quick-cooking grits
- ¼** teaspoon salt
- 4** ounces shredded extra-sharp white Cheddar cheese
- 1** chipotle pepper in adobo sauce, mashed

- 1.** Boil water; add grits and salt.
- 2.** Cover, reduce heat to medium low, and cook 5 minutes, stirring twice.
- 3.** Once thickened, remove from heat and stir in cheese and mashed pepper. Serves 4.

*Per serving: 220 calories 10g fat, 30mg chol., 9g prot., 25g carbs., 1g fiber, 610mg sodium.*