

RiverSong Giddy-Up Grits

PREP AND COOK TIME: About 1 hour

NOTES: At RiverSong Inn, breakfast starts with Continental Divide Strawberries (berries topped with a mixture of equal parts sweetened whipped cream and plain yogurt), followed by hearty baked grits.

MAKES: 8 servings

- 1 pound bulk pork sausage
- 1 clove garlic, pressed or minced
- $\frac{1}{4}$ teaspoon pepper
- About 1 teaspoon hot sauce
- 1 cup quick-cooking grits
- 2 tablespoons butter or margarine
- 2 large eggs
- 2 cups ($\frac{1}{2}$ lb.) shredded sharp cheddar cheese
- 1 can (7 oz.) diced green chilies
- $\frac{1}{2}$ cup diced red bell pepper
- $\frac{1}{3}$ cup fresh cilantro leaves

1. Crumble sausage into a 10- to 12-inch frying pan over high heat. Stir often until browned and crumbly, about 6 minutes. Drain off and discard fat. To sausage, add garlic, pepper, and hot sauce to taste. Set aside.

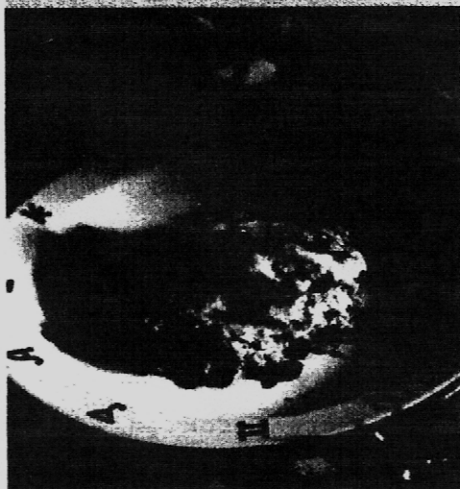
2. In a 2- to 3-quart pan, blend grits with 4 cups water. Bring to a boil over high heat, stirring. Add butter. Cover pan; reduce heat to low. Stir often until grits are tender, 5 to 6 minutes.

3. In a large bowl, beat eggs to blend. Stirring, add cheese, chilies, sausage mixture, and grits. Pour mixture into a buttered shallow 9- by 13-inch baking dish or 2 $\frac{1}{2}$ - to 3-quart casserole.

4. Bake, uncovered, in a 350° oven until lightly browned, 40 to 45 minutes. Let stand about 5 minutes. Sprinkle with red bell pepper and cilantro. Cut into pieces and serve with a wide spatula.

Per serving: 331 cal., 60% (198 cal.) from fat; 16 g protein; 22 g fat (11 g sat.); 17 g carbs (1.4 g fiber); 734 mg sodium; 113 mg chol.

— Linda Lau Anusasananan



RIVERSONG mornings start with chili-and-cheese grits.

STEVE MOHLER/KAMP RIGHT: JAMES CARRIER

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