

Smothered Two-Cheese Grits & Greens

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-recipe-for-cooking-kale>

Ingredients:

- 1 cup vegetable broth
- 1 Spanish onion Large
- 2 cloves garlic
- 1 bunch kale
- sharp cheddar cheese
- 3/4 cup grits
- 1/4 cup Parmesan cheese
- 1 pinch red pepper flakes
- 1 lemon
- 1 teaspoon sesame seeds

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 6 grams
6. Protein: 9 grams
7. SaturatedFat: 1 grams
8. Sodium: 390 milligrams
9. Sugar: 2 grams

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