



## Big Southern-Style Breakfast



1/4th of recipe: 278 calories, 8.5g total fat (4g sat. fat), 743mg sodium, 25.5g carbs, 2.5g fiber, 4g sugars, 25g protein

**Prep:** 10 minutes    **Cook:** 35 minutes

More: [Breakfast Recipes](#), [Four or More Servings](#)



### Ingredients

1/2 cup quick-cooking grits  
1/4 tsp. each salt and black pepper  
2 tbsp. light/reduced-fat cream cheese  
1/2 cup shredded reduced-fat cheddar cheese  
1 cup chopped onion  
1 cup chopped mushrooms  
4 cups chopped spinach leaves  
6 slices center-cut bacon or turkey bacon  
2 cups (about 16 large) egg whites or fat-free liquid egg substitute  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
1 cup diced tomatoes  
Optional toppings: light sour cream, chopped scallions

### Directions

In a medium pot, bring 2 cups water to a boil.

Reduce heat to low. Add grits and 1/8 tsp. each salt and pepper. Cook and stir until water has fully absorbed, about 6 minutes.

Transfer to a large serving bowl, and stir in cream cheese until uniform. Sprinkle with cheddar, and cover to keep warm.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add onion, mushrooms, and remaining 1/8 tsp. each salt and pepper. Cook and stir until veggies have browned and softened, about 6 minutes. Add spinach, and cook and stir until just wilted, about 1 minute.

Evenly layer veggies over cheesy grits, and re-cover to keep warm.

Remove skillet from heat, respray, and bring to medium heat. Cook bacon until crispy, about 4 minutes per side. Chop or crumble.

If needed, clean skillet. Respray, and return to medium heat. Add egg, garlic powder, and onion powder. Scramble until fully cooked, about 5 minutes.

Evenly layer scrambled egg over veggies. Top with bacon and tomatoes.

**MAKES 4 SERVINGS**

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