

Smothered Two-Cheese Grits

with Caramelized Onions & Garlic Kale

In the diner lingo of the American South, “smothered” means covered with sweet, savory onions. Yum! Our recipe uses the classic “smothered” presentation, but we’ve upgraded the ingredients to include kale, Parmesan cheese and toasty pine nuts. It’s the ultimate combination of sweet, salty and flat-out delicious.



Ingredients

- 2 Cloves Garlic
- 2 Ounces Sharp Cheddar
- 1 Bunch Green Kale
- 1 Lemon
- 1 Large Yellow Onion
- 1 Cup Yellow Grits
- 3 Tablespoons Vegetable Demi-Glace
- 2 Tablespoons Pine Nuts
- ¼ Teaspoon Crushed Red Pepper Flakes
- ¼ Cup Grated Parmesan Cheese
- 2 Tablespoons Butter

Makes 2 Servings
About 625 Calories Per Serving

Instructions



Prepare the ingredients:

Wash and dry the fresh produce. Peel and mince the garlic. Grate the cheddar cheese. Cut out and discard the kale stems, then roughly chop the green leaves. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of lemon zest. Cut the lemon into quarters and remove the seeds. Peel and thinly slice the onion.



Cook the grits:

In a medium pot, heat the **vegetable demi-glace**, **lemon zest** and **4 cups of water** to boiling on high. Once boiling, whisk in the **grits** and reduce the heat to low. Cook, stirring or whisking frequently, 20 to 22 minutes, or until all of the liquid is absorbed and the grits are tender.



Toast the pine nuts:

While the grits cook, in a large, dry pan, toast the **pine nuts** on medium for 1 to 2 minutes, or until browned and fragrant. Transfer the toasted nuts to a small bowl and wipe out the pan. Set aside as you continue cooking.



Cook the onions:

While the grits continue to cook, in the same pan used to toast the nuts, heat 2 teaspoons of olive oil on medium until hot. Add the **onions** and cook, stirring occasionally, 12 to 15 minutes, or until golden brown and caramelized. (If the onions start to burn, reduce the heat and add 1 tablespoon of water.) Season with salt and pepper to taste and transfer the **caramelized onions** to a plate. Wipe out the pan.



Cook the greens:

In the same pan, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Stir in the **kale** and **¼ cup of water** and season with salt. Cook, stirring occasionally, 4 to 6 minutes, or until the kale is wilted and softened; season with salt and pepper to taste. Remove from heat and stir in the **juice of 2 lemon wedges**.



Finish the grits & plate your dish:

Once the grits have finished cooking, remove from heat and stir in the **cheddar cheese** and **butter**; season with salt and pepper to taste and whisk until smooth. (If your grits are too thick, add a little water to achieve your desired consistency.) To plate your dish, divide the **grits** between 2 dishes and top each with the **caramelized onions** and **kale**. Garnish with the **toasted pine nuts**, **Parmesan cheese** and **remaining lemon wedges**. Enjoy!