**Grits, Cheesy Grits   (Ray)  
   
Ingredients:**

1 cup Water  
¼ tsp Salt  
⅓ cup Dandy 5 Minute Grits  
½ cup shredded Sharp Cheddar Cheese  
⅓ cup Butter  
2 oz Milk  
1 Egg  
Salt, Pepper and Cayenne Pepper  
(Collect & measure-out all ingredients; this recipe goes fast!)

**Instructions:**In a 2 cup, microwave proof Bow (that has a lid)  
 Add 1 cup of water with ¼ tsp of salt (without the lid) Microwave on high for 2 mins. stir  
 Mic. for 30 sec. stir againAdd ½ cup of shredded Sharp Cheddar Cheese mix wellAdd ⅓ cup of butter mixAdd 2 oz Milk mixAdd 1 egg mix in well  
Add Salt and Pepper mixSprinkle Cayenne Pepper on topPut lid on and mic. of 5 minutes Stir and let set for 3 minutes.

Servers 2 or 3 (or 1 very hunger person!)

**Bon Appétit**